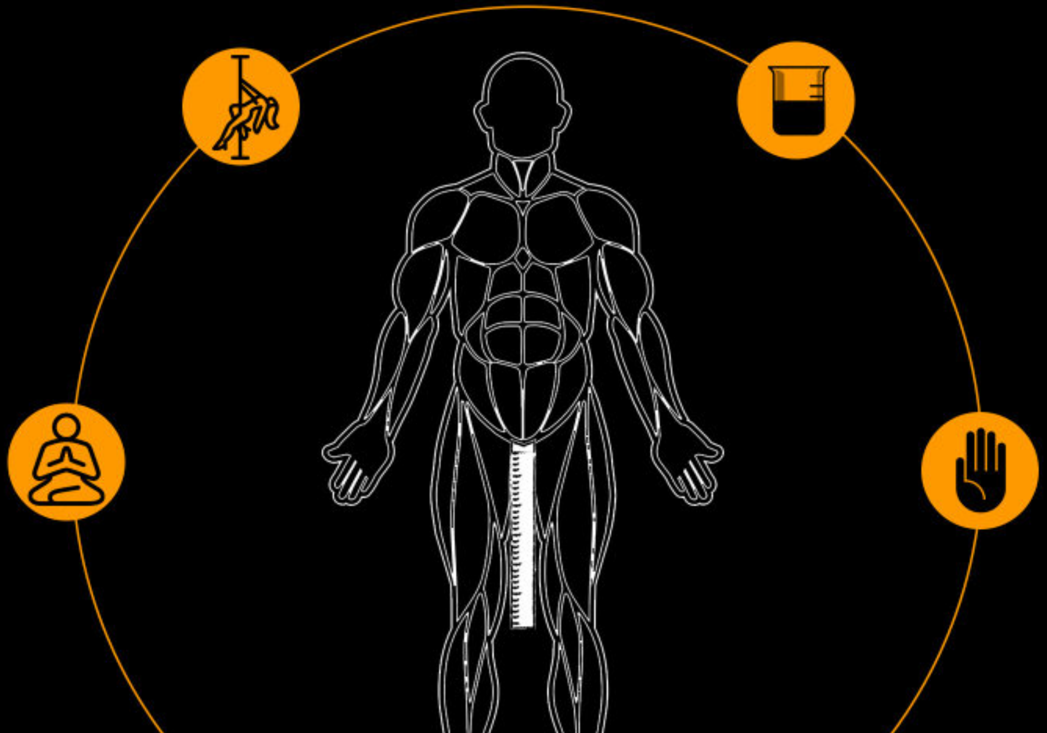
"HOW I GREW MY PENIS AND OTHER PORN INDUSTRY SECRETS"

EXPLICID VERSION

BIOHACKS THAT WILL TRANSFORM YOUR BODY,
ENHANCE YOUR SEX LIFE AND LEAVE HER
BEGGING FOR MORE.



STIRLING COOPER

DISCLAIMER: This eBook is for general informational purposes only. The author is not a medical professional and nothing in this publication constitutes medical advice. Any exercise program, including the exercise routines outlined in this publication, may result in injury. To reduce the risk of injury, consult your doctor before beginning any exercise program. The materials presented in this publication in no way substitute the medical advice of a licensed physician. The reader should always consult with their doctor in any matters relating to his/her health. Any exercise program or supplement regime contains inherent risks of physical injury or death. Seek medical advice from your personal physician prior to beginning any of the exercises or taking any of the supplements in this book.

WARNING: This book discusses topics of an adult nature and includes several diagrams of both the male and female anatomy. It also contains links to images of real life anatomy to further explain topics where I feel it is necessary. ~~I've not put those images directly into this book however to keep it non-explicit.~~

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WHY I AM THE RIGHT PERSON TO TEACH THIS

I'm sitting in a room alongside a porn legend and five beautiful porn stars, we're about to be interviewed for a new video course designed to help men improve their sex lives, and the only thought that's going through my head is "This is going to be an absolute cluster fuck".

The director wants us to give the male audience advice to help with erectile dysfunction and premature ejaculation. You would think this would be an easy topic to stick to, unfortunately the cacophony of noises that followed for the next forty-five minutes didn't match those instructions in any way, shape or form.

RJ is a porn legend and was once incredibly sharp, super witty and very charming in front of the camera, unfortunately the man is now quite senile and has taken a sharp mental decline. This is immediately obvious to anyone who meets him, but for some reason the director of this project decided HE would be the best person to lead the round table discussion we are about to have. Every time RJ opens his mouth a stream of consciousness comes out which makes no sense at all. He introduces us with a terrible pun about 'reptile dysfunction' and segues into absolutely incomprehensible gibberish. We're off to a flying start.

Next up is Siren, a woman I've had fun working with many times before. But Siren has one glaringly obvious character flaw - she never shuts up. It's like she is a wind-up toy and whenever you look away someone sneaks up behind her and cranks the handle a few more times to keep her chattering away. She proceeds to introduce herself for the next fifteen minutes talking about her career and what kind of porn she likes to shoot, then she goes blabbing on about more completely unrelated nonsense like gender identity and how liberating the sex industry is to women. I'm struggling to see what this has to do with erectile dysfunction?

As we make our way around the room the next girl Mandy brings up that her previous partners all abused her and that's why she likes BDSM.......? Why the hell does she think that's relevant to the conversation!? Actually, I do have to give her some credit here since anyone watching this video will definitely not be ejaculating now - so she's at least helped with that.

Next up is Nora and her answer to any and every topic that is brought up during this conversation is some variation of "I'm a huge slut". Literally everything we talk about she segues into how she loves riding the cock carousel. Question "Is there anything you've done on set to help guys with boner issues?" her reply "I just love sucking dick and I'm so good at it because I do it all the time."

When we eventually take a break (presumably so the directors can blow their brains out with a revolver) another girl Tiffany pipes up asking how much longer we will be "I was told this would only take 2 hours and it's now been 3?" She needed to get an STI test so she can shoot the next day but the clinic is going to shut in twenty minutes so she'll miss it. I wouldn't trust this woman to sit the right way on a toilet seat let alone organize her own work schedule.

As we resume filming, the director asks RJ to re-introduce the conversation. He calls 'action' and RJ slumps in his chair staring dead eyed into the ground. The most recognizable porn star on the planet has fallen asleep with his eyes open. A remarkable feet if you ask me, and certainly one that had me nearly falling out of my chair in laughter. RJ has been used quite successfully in the past to sell all manner of boner pills and 'penis enlargement supplements' (none of which work by the way), so that's why the producers of this clown-show decided to use him.

Ironically this occurred a couple of weeks before I finished writing this very book and solidified in my mind just how much ordinary men need access to this information, and why I'm the right person to be teaching the techniques laid out in the upcoming pages.

You may not be familiar with my name, Stirling Cooper, but you've almost certainly jerked off to my porn before. As of this writing my work has over 21 million views on Pornhub and I've appeared in more than 300 pornographic movies.

Any man with a sliver of life experience knows that women are absolutely terrible at giving advice on attracting women, relationships and sex. Their innate solipsism causes them to turn every question into a statement about themselves and some anecdotal experience (the above is a perfect example of this). So asking a female porn star how to treat erectile dysfunction and premature ejaculation is like asking a sheep how to shear it's own wool, as far as they're concerned "it just sorts itself out".

In addition, most men in this industry are "naturals". They were either born with abnormally high sex drives and genetically gifted appendages or they accidentally formed habits that are perfect for creating long lasting erections and incredibly high sex drives. They didn't deliberately and consciously construct these habits; it's just the way they happen to live.

I on the other hand am a self-made porn star. Everything I'm about to teach you in this book is something I learned over the course of the last 3 years, either from personal trial and error or by watching and learning from other more experienced male porn stars. Slowly improving my skills, recognizing patterns and using the scientific method to weed out what works from what doesn't.

I've gone from being the skinny geek, self conscious about his penis size and not able to please women in bed, to being the stud who gets paid to fuck gorgeous women in front of a room full of strangers and makes women's eyes roll into the back of their head the moment I stick it in.

I managed to network my way from a small farming town in rural Western Australia to the top of the adult entertainment industry in Los Angeles, California. I've worked in the porn industries of Australia, England, Hungary, Czech Republic and the USA. I started with tiny independent producers and slowly worked my way up to the biggest directors and websites on the planet. I've starred alongside the most popular porn stars on earth and I've even worked with porn stars I used to masturbate to as a teenager.

If this all sounds rather surreal, believe me it is. I often find myself pausing to reflect on how crazy my life has become. But it all started here, with the physical and mental techniques I'm going to teach you in this book.

So if you're interested in getting a longer thicker penis, having stronger erections, shooting more explosive cumshots, becoming ripped lean and strong, restoring your sex drive to insatiable levels and achieving multiple orgasms then look no further than the pages below. Everything here is backed up by scientific research and field-tested experience, my very career is proof that this stuff works.

BUILDING A PORNSTAR PENIS

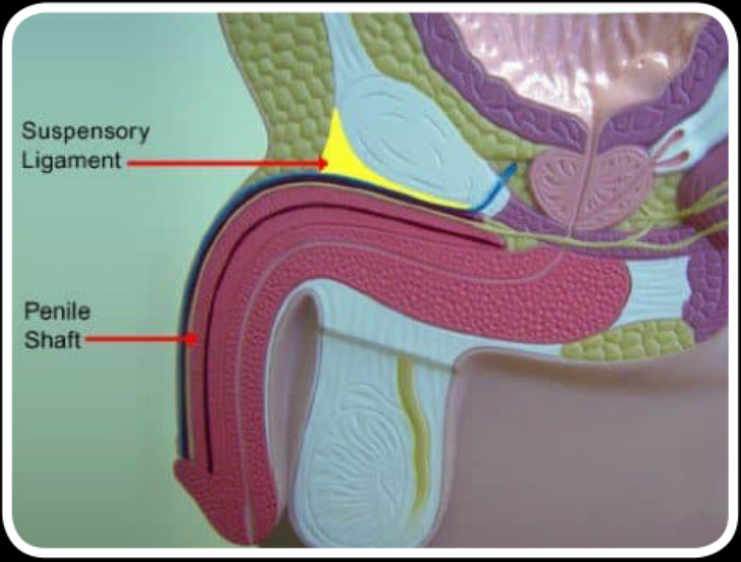
If you've skipped straight to this chapter then I can't say I'm surprised. Most men at some point in their life wish they could have a larger penis. The funny thing is it doesn't matter how big or small their dick is either, I've met guys (other porn stars in fact) who have a 9-inch dick and STILL want it to be bigger.

But it's "common knowledge" that you can't increase the size of your penis right? There are literally hundreds of "Grow a Bigger Penis" pills on the market and absolutely none of them work. If they did you can guarantee big pharmaceutical companies would be pumping them out like candy and making a fortune.

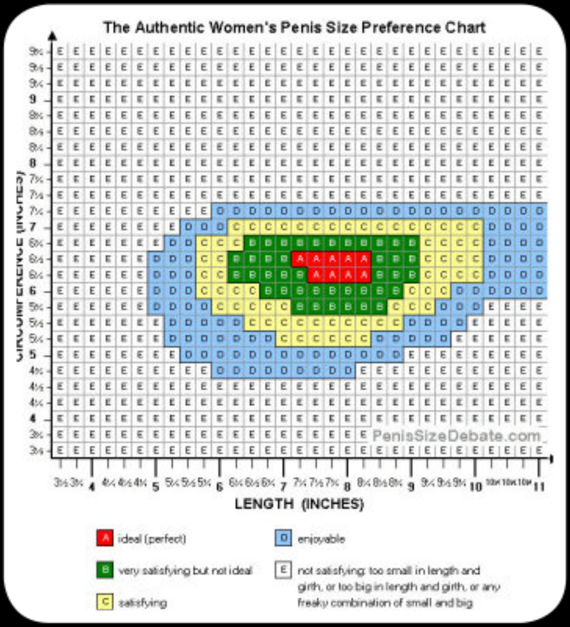
Also with hook-up culture and online dating apps women are judging guys more superficially than they did in previous generations, and whether you like it or not, penis size is a factor. If you don't believe me spend more time around groups of women, when the conversation turns to guys they've dated they inevitably talk about the size of his dick and compare stories with their girlfriends. It's a winner-takes-all situation for guys in this day and age, where the hungry don't get fed and the top 10% of guys hook up with 90% of the women.

If you think it sounds bad being a regular guy imagine what it's like being a porn star and having to compete with the biggest dicks in the world, on camera, for everyone to see.

But what are guys to do!? It's not like they can go get a bigger penis through surgery like women can do with their breasts. If you've ever considered penis enlargement surgery then let me break the unfortunate news to you, it doesn't actually increase the size of your erect penis. With penis "enlargement" surgery, they cut the tendons that attach your penis shaft to your pubic bone, which makes it hang lower than it normally does in a flaccid state, but when you get an erection there is no change in the actual length of your penis. So you pay a lot of money to "show off" in the locker room with no improvement where it counts, in the bedroom.



To hammer home my point, surveys of women's preference for penis size shows that the most sexually gratifying penis size is one that is 8-inches in length and 6.5-inches in girth. Unfortunately this leaves a lot of men underperforming since the average penis size is a lackluster 13.12 cm (5.16 inches) long and 11.66 cm (4.59 inches) in girth.



And if you plan on getting into Porn then you'll find that the longer your penis, the easier it is to open up for the camera, the more work you'll get, the more companies you'll be able to shoot for (because some companies require you to have an 8-inch+ dick) and the more money you can get paid per scene (large dicks are a premium commodity).

Luckily for you dear reader I've spent a lot of time researching and experimenting with natural penis enlargement and I can say from experience that IT IS POSSIBLE TO INCREASE THE SIZE OF YOUR PENIS.

WARNING: The techniques and tools I'm about to present to you are not "magic pills", this will not happen overnight. You are going to need to commit to this and put in the time and effort necessary to see the results you desire. But rest assured if you do what I say you WILL see results.

If you commit to this goal then not only will you have the satisfaction of achieving something that 99% of the male population could only dream of, you'll get to enjoy the expression of lustful surprise on your partners face when they feel your crotch or pull out your dick for the first time. Nothing on earth makes you feel more like the fucking man than that, I promise you.

For photographic evidence of my penis growth go to www.stirling-cooper.com/proof

BEFORE:

From my scene with Jamie Marleigh for Aussie Fellatio Queens on 15th February 2017.

AUSSIE FELLATIO QUEENS

This photo was taken on January 4th 2017.
I started out at 13.7cm (5.39 inches) in length.

This photo was taken on January 4th 2017.
I started out at 14.29cm (5.625 inches) in girth.

My penis enlargement journey started on January 4th 2017 when I decided to commit the next 12 months to growing my dick. I started out at 13.7cm (5.39 inches) in length and 14.29cm (5.625 inches) in girth.

I also shot my first ever porn scene a month later in Melbourne, so there is undeniable proof on the internet of what my dick looked like before I made it bigger. Images from my scene with Jamie Marleigh for Aussie Fellatio Queens on 15th February 2017 are also on the proof page above.

However I only consistently did my growth exercises once I'd moved to Melbourne in May of 2017. After 8 months of solid work I was now 16.8cm (6.61 inches) in length and 15.1cm (5.94 inches) in girth. 12 months after I took my "before" photos my porn career was making strides and I had moved to London. The after photos on the proof page were taken on January 5th 2018.

In 8 months I had increased my penis length by 3.1cm (1.22 inches) and my penis girth by 0.81cm (0.31 inches).

As more proof of my penis growth, images taken from a scene I did with Sahara Knite for CumPerfection on the 14th February 2018 are also on the proof page - www.stirlingcooper.com/proof

Now that you've seen some undeniable, verifiable evidence of my own penis growth it's time for me to show you the exact exercises and routines that I used which you can copy for your own male enhancement journey.

* * *

AFTER:

From a scene I did with Sahara Knite for CumPerfection on the 14th February 2018.

This photo was taken on January 5th 2018.
I increased my length to 16.8cm (6.61 inches)!

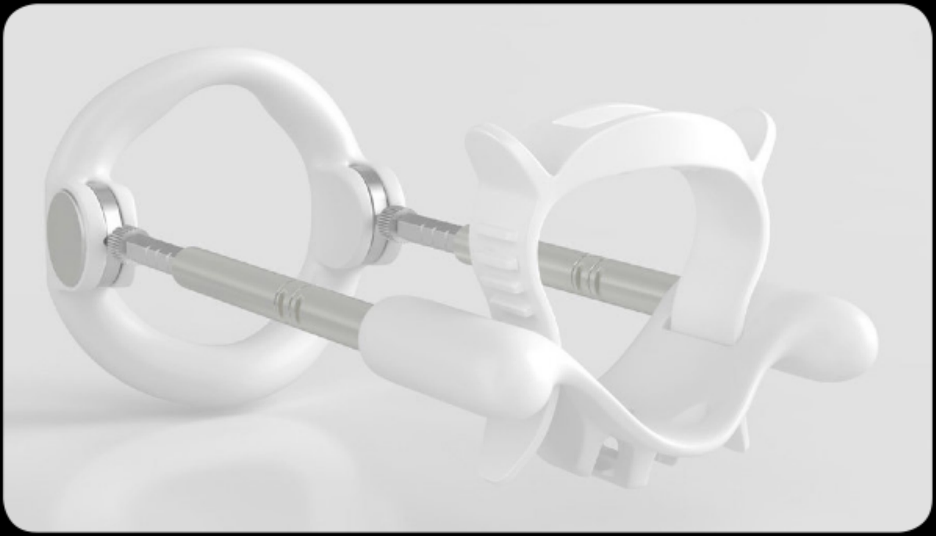
This photo was taken on January 5th 2018.
I increased my girth to 15.1cm (5.94 inches)!

GROW A LONGER DICK

So how exactly do you grow a longer dick? Well I've used 4 different techniques/tools during my penis growth journey and I'm going to outline their various advantages and routines below. The two basic ways that we lengthen the penis are (1) By lengthening the ligaments that attach the penis to the pubic bone (2) By lengthening the shaft of the penis itself.

Warming Up: Before you use any of the devices or exercises below I recommend warming up the penile tissue first. Stroke the penis a little to stimulate some blood flow and then grab the head of your penis behind the glans and perform a series of 10 rotations both clockwise and anti-clockwise, cranking the penis in circles, lightly pulling on the penis while you do this. This is designed to get blood flow into penis, warm up the shaft itself and warm up the ligaments of your penis.

The All Day Stretcher (ADS): If there is one tool I would recommend above any others it would be the ADS. This is a basic traction device that you insert the penis into, lock it in place at tension and then slowly increase the tension applied to your penis over time.



You are basically using the tension of the device to cause micro tears in your penis shaft which will then heal and cause the length of your shaft to increase. It's a similar principle to that used by the Kayan Lahwi tribe of Myanmar where women elongate their necks over time by applying rings to them.

I recommend using the device for 4-8hrs a day whenever possible, and trying to use it everyday. At this consistency the average result is an increase of around 1 inch in length over 6 months, clinical trials have been done that show these exact results.(1)

If you're unable to get that many hours in on a given day or if you have to skip a day due to work or other life events then don't stress. Consistency is the key no matter how long you wear the device for, so if you aim for 8hrs but only get in 2hrs then that's totally fine. Chalk it up as a win that you got time in that day and try again the following day for more. Skipping a day can be thought of as a rest day for your penis to recover and grow, but in my experience you should plan to use the device everyday because eventually "life gets in the way" and you'll end up with a rest day without needing to schedule one in. If you take this approach you'll get a lot more time under tension than if you schedule in rest days or plan on stretching every other day.

Find a way to wear the device while you're doing something else so it's not taking extra time out of your day. For example, once you get out of the shower in the morning put the device on at a low tension as you get ready for work (30min – 1hr), then wear it while you commute to and from work (1hr – 2hrs). If you have a desk job where you sit down for a long time or work at a standing desk then you can easily sneak in a few more hours of tension before or after your lunch break (3hrs). Then when you're home later in the evening put the device on when you're cooking and eating dinner (1hr) and if you decide to relax on the couch watching TV for the rest of the evening make use of that time by putting the device back on while you're reclined on the couch (2hrs). By working the device into your existing schedule you'll find it much easier to get your hours in rather than allotting special "stretching" time.

Another nice side effect of using the ADS is that it can help to correct the curvature of your penis by straightening it out. If your penis bends to one side you can straighten it by hanging the device to the opposite side when you use it. Straightening the penis out will not only increase your overall length gains, but it'll make it look longer as well.

The ADS can be worn under your clothes so you can go about your everyday routine with the device on BUT the amount and type of movement you can perform with the device on without it popping off is limited depending on how much tension you want to apply to your penis.

To see images of the device being put on visit www.stirlingcooper.com/ADS

For example if you have the device at maximum tension for your penis then you wouldn't want to do much more than sit at a desk working, because too much bending at the hip & waist will cause the device to pop off. If you want to wear the device while walking around and bending over then keep it at the lowest tension where you can just feel it stretching your penis shaft.

With enough trial and error you'll begin to get a feel for the appropriate amount of tension you can apply on the device for any given situation. The two different orientations of the device also work better in different situations, for example you'll want to have it orientated one way while you're driving (tucked upwards) and you'll want it orientated the opposite way when your penis is hanging down and you're going for a walk.

The type of clothing you wear should also be considered when wearing the device. For example stiff jeans will keep the device from moving around a lot and allow you to tuck the device into your belt by pointing it upwards, whilst looser linen clothes or sweatpants allow you to hang the device downwards comfortably while allowing for great range of movement.

To see images of the device being worn with different clothes visit https://www.stirlingcooper.com/ads

When you use the device at maximum tension I recommend taking it off every hour and taking a 2min break to allow the blood flow to come back to the head of your penis. You don't want to overdo it and risk causing blood flow problems to your penis. If you can't feel the tip of your penis or it's turned purple then immediately take the device off and get blood flowing back into your penis. To get your own ADS visit https://sizegenetics.com/#StirlingCooper.

Jelqing: If you do any serious research on natural penis enhancement you'll come across a technique known as jelqing.(2) It's an exercise that involves massaging your penis so that it stretches and improves blood flow. The technique actually comes from the ancient middle-east but is now known across the world. Basically you are forcing blood into the penis by applying pressure, thus creating micro-tears in the cells of the penile tissue which increase the length of your shaft when they heal.

Jelqing is very useful because it can be used to improve either Length or Girth depending on the level of erection your penis is in whilst the exercise is being performed.

To perform a jelq cover your hands and your penis in a lubricating oil. I recommend using evening primrose oil, which helps to keep skin healthy and elastic. This way you are getting two benefits at the same time when performing your exercises. If you don't have this then using something like coconut oil will work just as well for lubrication purposes. Next you want to get your penis to the right erection level for your growth goals.

If you want to lengthen the penis then you want it at a lower erection level, around 20%-50%.

Then take your right hand, make an 'ok' sign and flip your hand upside down gripping the base of your penis shaft with your index finger and thumb. Apply as much pressure as you can squeezing all the blood that's in your shaft and then slowly over at least 5 seconds move your grip up the shaft stopping just before you reach the glans (head) of the penis (you don't want to jelq the glans of the penis as this can cause sensitivity problems).

Just before your right hand reaches the head of the penis, take your left hand and make the same upside down 'ok' sign at the base of the penis, then remove your right hand and proceed to squeeze the blood down your shaft with the left hand.

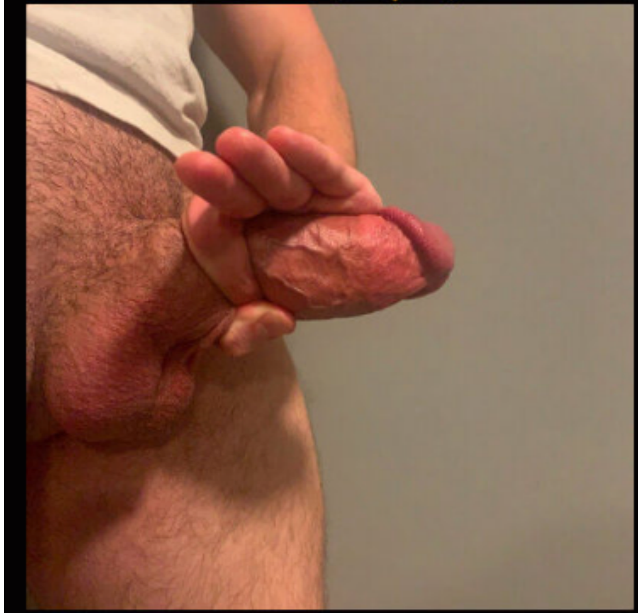
You should be applying enough pressure to make it feel like there are marbles being pushed down your urethra as you move your hand down the shaft, if you don't feel any such sensation then get your penis slightly more erect so there is more blood flowing through it as you jelq.

To see images of how to perform jelqing correctly visit www.stirling-cooper.com/jelq

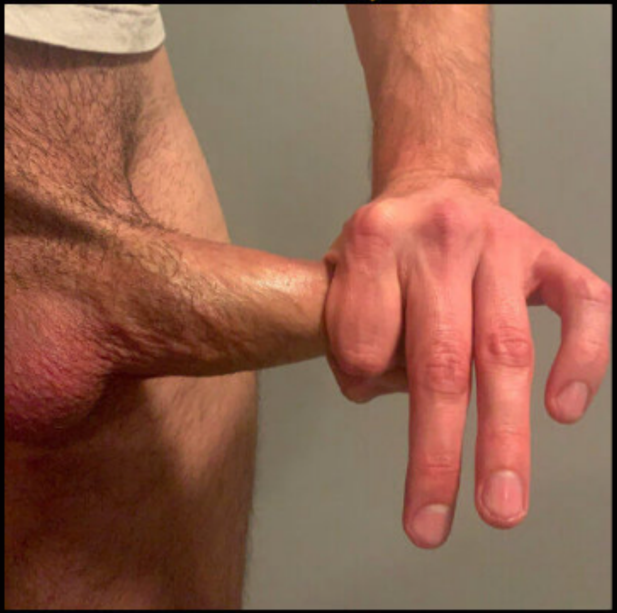
Every time a hand goes from the base to the head of your penis that is 1 rep. Slow down the movement and make sure your reps take at least 5 seconds each. If you've never jelqed before you'll want to start out with a low number of reps and very gradually over weeks increase your total reps.

You increase the number of reps slowly because you want the maximum gains out of the exercise before applying more intensity. When your penis has acclimatized to a certain intensity the gains will stop, so to keep the muscle growing we don't go straight from 0 reps to 1,000 reps, rather we slowly build up to that over time.

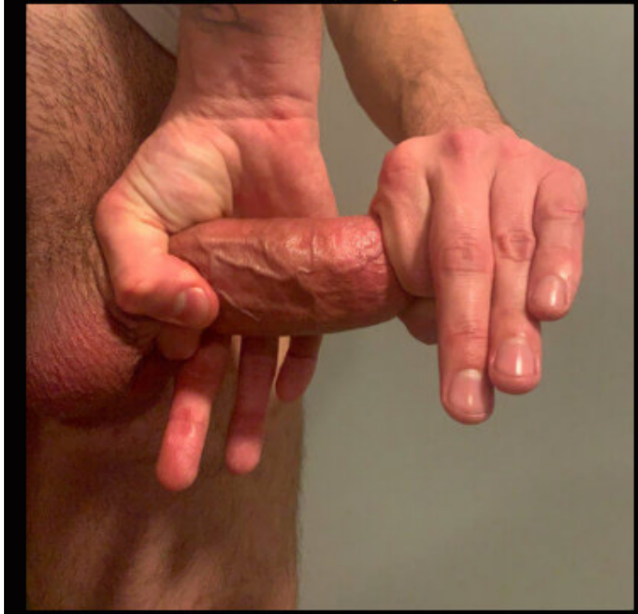
Beginners: 1 Set of 25 reps each day – Then add 25 reps each week thereafter.



1). Start by making an upside down ok grip to the base of your penis, trapping the blood in your shaft.



2). Applying pressure slowly over at least 5 seconds squeeze your hand down the shaft, stopping before you reach the glans.



3). Before your first hand reaches the head, apply the same reverse ok grip to the base with your other hand, then repeat the process.

Intermediate: Once you're doing 200 reps each day, advance into 2 Sets of 150 each day (morning and evening) – Then add 25 reps (to each set) each week until you are doing 2 Sets of 500 each day.

The good thing about jelqing is that it is basically free, your only expense is the lubricating oil you use, but the disadvantage is that it will take you much longer to see results. So if you can't afford an ADS I recommend starting with jelqing as a good introduction to penis exercises, then maintaining the schedule until you can save up for an ADS. Once you are using the ADS you can ease up and do your jelqing exercises every other day so you don't over exercise your penile tissue.

Manual Stretching: This exercise is designed to manually stretch the ligaments that attach your penis to your pubic bone by applying tension with your grip.

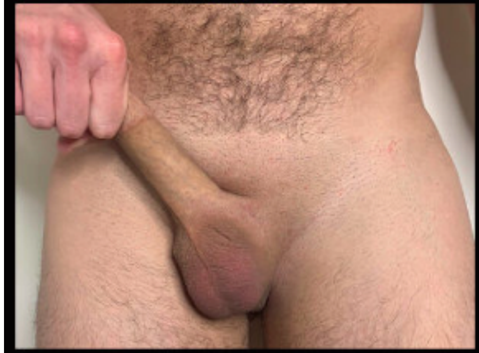
Apply some baby powder to your hands to ensure a firm slip free grip, then grip the head of your penis just behind the glans. Proceed by stretching the penis in each of the 6 different positions shown in the link below for 5-10mins each.

www.stirlingcooper.com/manualstretching

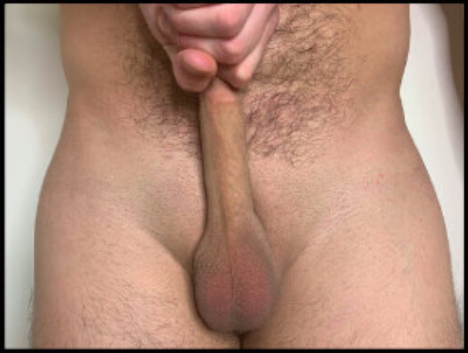
I find that the most useful of these positions are the two where you are hooking the penis underneath your leg on either side, because you can leverage your thigh and apply a lot of tension.

You can also do an over the wrist stretch to apply an extra bit of tension in the downward position. Remember that causing penis growth is much the same as causing muscle growth, so you have to be consistent whilst shocking the muscle in different ways to keep it growing.

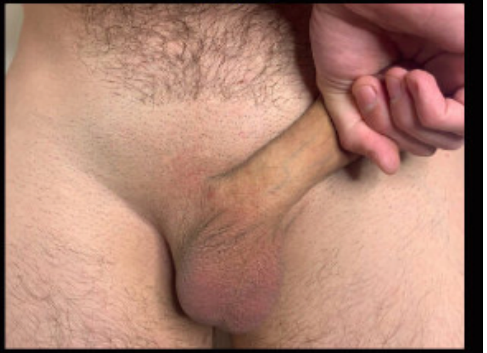
You can also use this exercise to correct the direction in which your penis bends, so for example if it naturally points up and to the left when erect (because the ligament is shorter on that side), spend twice as much time in the position that stretches down and to the right and you'll gradually make your penis point straighter by lengthening the shorter ligament.



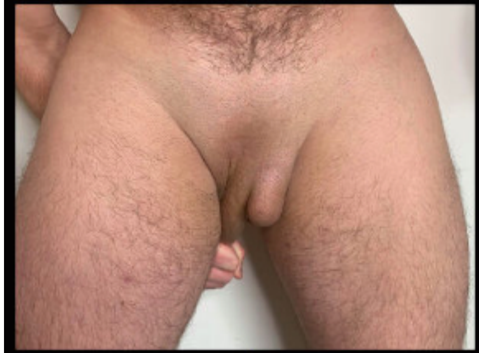
Position 1: Pulling up and to your right.



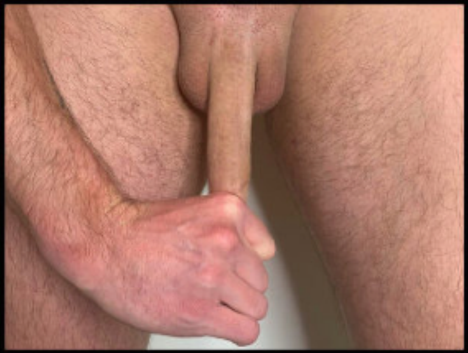
Position 2: Pulling straight up.



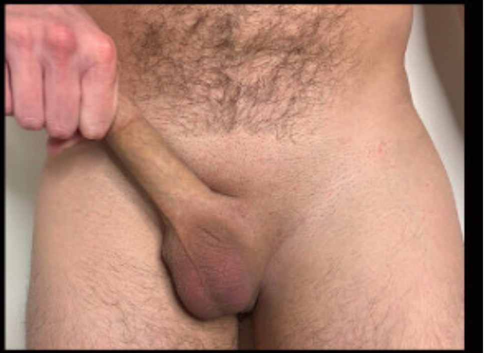
Position 3: Pulling up and to your left.



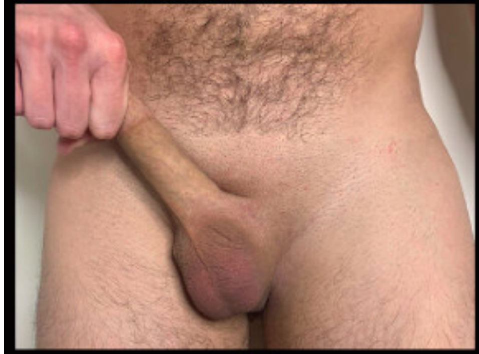
Position 4: Pulling down and to your right. Gripping the penis from behind your leg allows for more pressure to be applied in the downward direction.



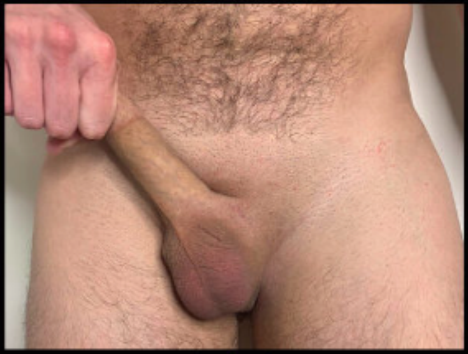
Position 5: Pulling straight down.



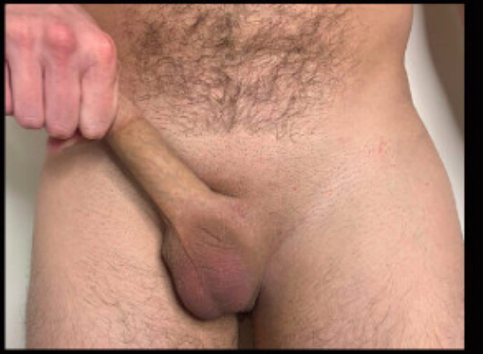
Position 6: Pulling down and to your left.Gripping the penis from behind your leg allows for more pressure to be applied in the downward direction.



Position 4: Rear view of the behind the leg grip.



Extra Position: Wrapping the penis over your wrist and pulling down applies more pressure to the shaft in the downward direction.



Position 6: Rear view of the behind the leg grip.

Zen Hanger: Another device I highly recommend, that can be used instead of manual stretching and can be used in conjunction with the ADS and Jelqing is the Zen Hanger. This device is designed to stretch out the ligaments that attach the penis to the public bone by hanging weight from your penis.(3)

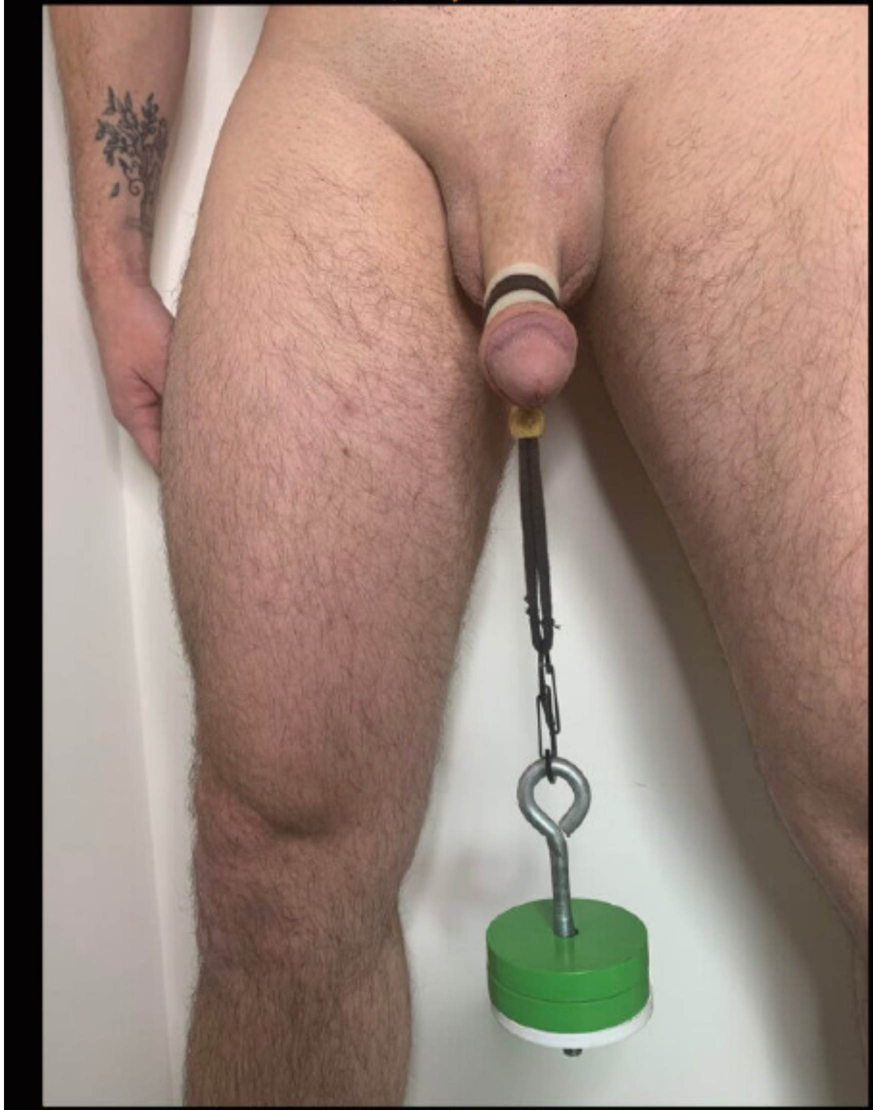
You'll have to set aside time to use this device in private because it can't be used whilst wearing pants.

I like to use the Zen hanger for 30mins-1hr a day whilst I'm sitting at my desk working from home. I make sure that I'm sitting in a chair where the seat is high enough from the ground so that the weights don't hit the floor and release the tension on my penile ligaments.

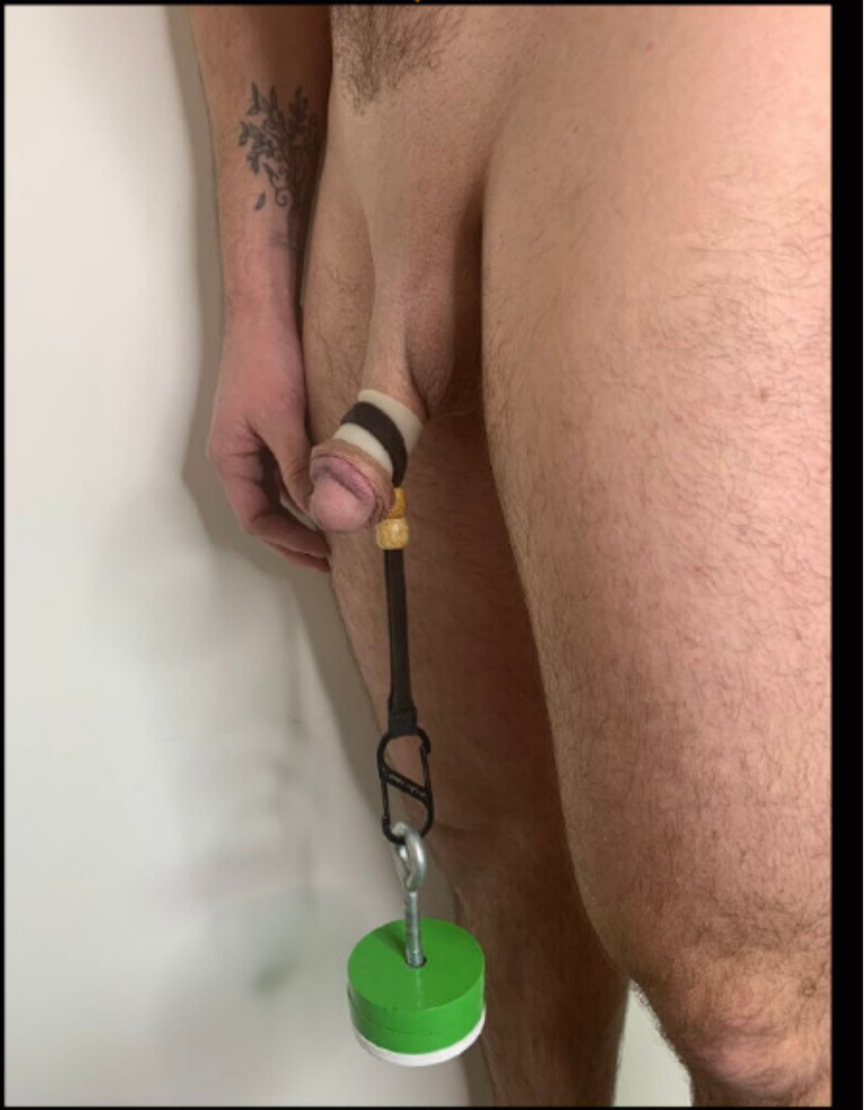
Because you're dealing with added weight which will fatigue the ligaments much quicker than manual stretching I don't recommend hanging for long periods of time, 1hr a day is plenty.

See images of the Zen Hanger being used at www.stirlingcooper.com/hanger

To get your own visit https://zenhanger.com and use the code **STIR-**



Zen Hanger being used with 2.5lbs of weight. Each of the green weights is 1lb and the white weight is 0.5lbs.



Zen Hanger being used with 2.5lbs of weight. Each of the green weights is 1lb and the white weight is 0.5lbs.

LING to get a discount.

You want to slowly increase the intensity of this exercise (just like we did with jelqing), start off with the 1/2lb weight and only use that for 1 month before increasing the weight to 1lb. Go up in 1/2 lb increments every month until you reach your desired length. By only adding weight very slowly you're getting the maximum length increase you can out of each increase in weight. If you were to slam 6lbs on the hanger from day 1 you run the risk of injury or your penile tissue would adjust to that weight within the first month and your gains would stall.

An interesting side effect of the Zen hanger is that it can help your penis to point straight or downwards when erect rather than straight up. My penis naturally used to point up, almost hitting my stomach when fully erect, but since using the Zen Hanger it's started pointing more straight than before.

* * *

GROW A THICKER DICK

While having a long dick is visually impressive and can make things much much easier when fucking for a camera, having a thick dick is what will cause your partners eyes to roll into the back of their head when you stick your dick in them for the first time. You'll have to get used to hearing things like "I don't know if it's going to fit". Just hearing that sentence is well worth the effort you'll put into this I promise.

During my career I've had many porn stars struggle with the thickness of my penis, which I'll happily admit gives me quite the ego boost. But the most satisfying compliment of all was when the beautiful Kenzie Taylor affectionately referred to my penis in front of the whole film crew as "The School Bus".

An important thing to note however before you embark on getting your penis thicker; it is much easier to lengthen a thin dick first, because there are less cells that need to be repaired when micro tears occur so you heal quicker and grow length quicker.

For those of you who have naturally thicker penises I recommend focusing on reaching your length goal first before switching your focus to girth.

Not that you cannot increase both length and girth simultaneously, you absolutely can and if you have the time and energy to focus on both and commit to it for a long period of time then by all means do so, but be warned that once your dick is thicker the length gains will come more slowly.

I've used 3 different exercises/tools to increase the girth of my penis.

Bathmate: The bathmate is a pump device that uses water to create vacuum pressure forcing blood into your penis. With prolonged usage this pressure causes micro tears in the penis cells increasing its girth once those cells heal and repair.

This device has been reported to show size gains in as little as 2 months and users also report stronger erections as a nice side effect.

The premise is quite simple, you put the device on when you're in the shower or having a bath, fill up the tube with warm water and slide your penis in trying not to let out too much water as you do so. Then you flick the water flow valve at the end of the tube and pump out water, increasing pressure in the tube as you create a vacuum.

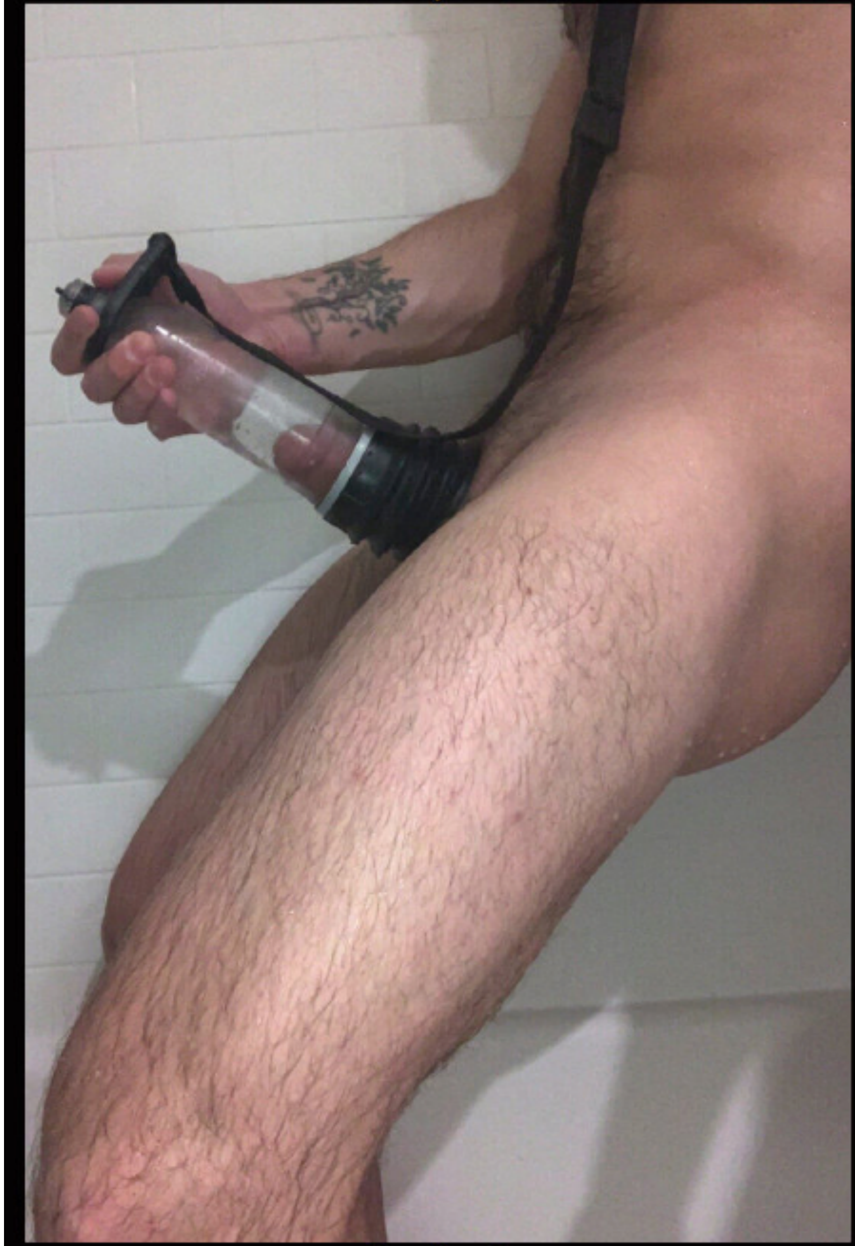
Unless you take a bath everyday I highly recommend getting the neck strap attachment that comes with the bathmate, that way you can hang it around your neck whilst showering and continue with your shower routine as normal. The neck strap also helps keep the bathmate on at lower pressures i.e. when you are first putting the device on and pumping to create the vacuum effect.

See images of the bathmate being used at www.stirlingcooper.com/bathmate

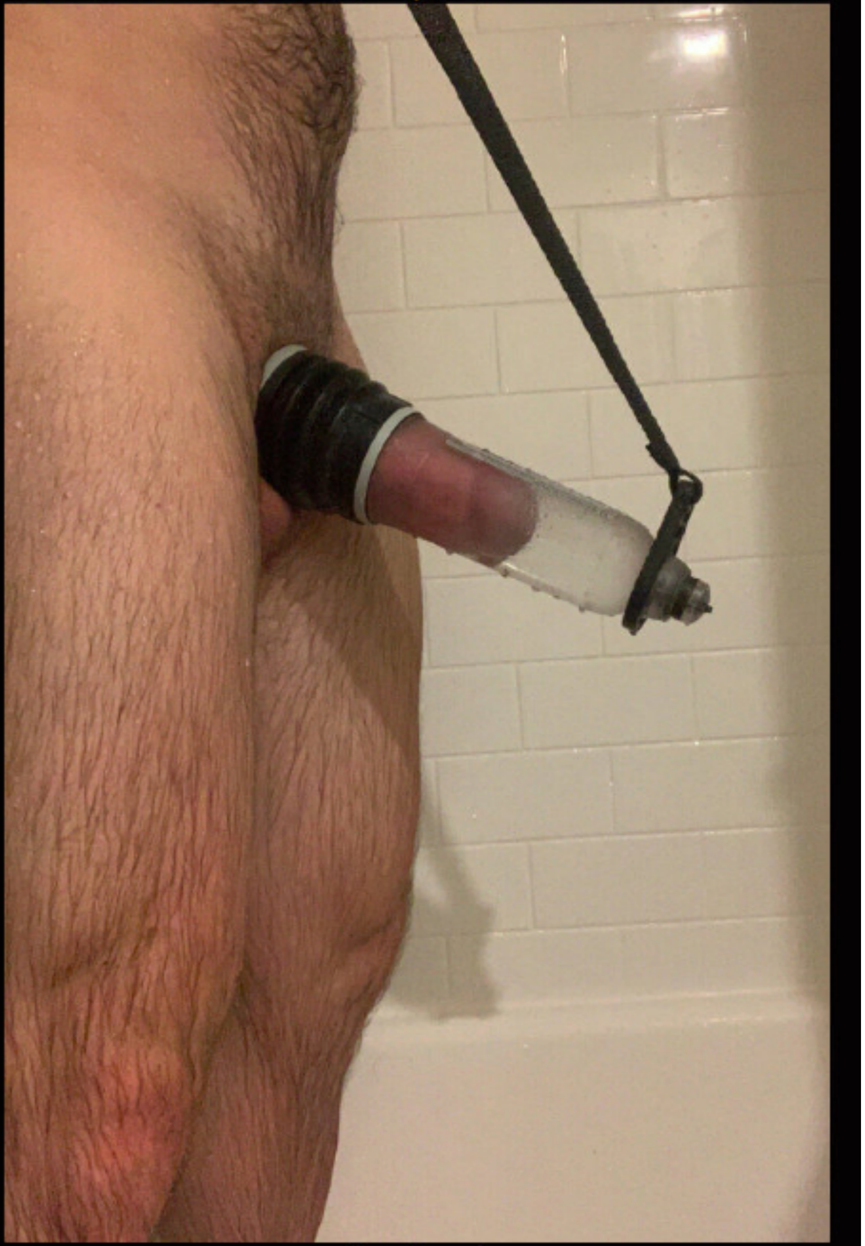
When you use the bathmate you want a slow gradual increase in pressure. This leads to a more comfortable experience and a better 'pump'. In my experience if you pump as much as you can straight away your dick will feel too much pressure and it will be painful, you won't get as good a seal around the base of your penis and you won't get as good a 'pump' effect when the device comes off.

One trick I've learned to get a much better seal straight away is to lean back as far as possible while keeping the device pressed against your pubic bone. This way any air bubbles that are in the device will rise to the top of the device so you can pump that excess air out and ensure a tight seal around the base of your penis.

I recommend building up to pumping for 10-15mins every day in the shower if possible, starting off with 5mins for beginners. The fun thing about this device is that you can see the effects straight after using it. Your penis will be more engorged with blood than normal and you'll be surprised how much bigger it can get after you've used the device consistently for a couple weeks. This engorgement effect also sticks around if you get an erection straight after using the device, so you can pump before having sex and give your partner a little something extra for their patience.



When first putting on the Bathmate I like to lean back against the shower wall so any air bubbles will rise to the top of the chamber and I can expel them, giving the device a much better seal around the base of the penis.



You can see the penis has expanded and stretched once pressure has been applied. It sits comfortably and the pressure seal doesn't break thanks to the neck strap, so I can keep washing myself with the device still on.

I wouldn't break your exercise into two or three 5 minutes sessions either, I find that the longer you have the device on the longer the residual pump (engorgement of blood in your penis) sticks around after you take it off. You don't have to shower for that entire time either, because once you have a good seal you can step out of the shower and dry off or brush your teeth or whatever it is that your normally do after you shower, just be careful not to bend at the hip as this will break the seal of the pump and you'll spill water all over the floor.

Another advantage of the bathmate is that it can also help increase your length gains simultaneously. You'll notice on the device that it has a measurement line on it for your reference, after consistent use you'll find that you'll be pumping your penis to a length that is far longer than its usual flaccid length. So this device is perfect if you want to work on both length and girth gains simultaneously.

If you've been using the device for more than a month, you can then start to increase the intensity by using the device while you have an erection. This will mean you taking the device off if you lose your erection and putting it back on again once you are hard, but it will definitely increase your gains. You will feel a lot more pressure than normal and it may be a bit painful to begin with so don't overdo it, just work within a pressure that you find comfortable enough to sustain for 10mins at a time. Remember that getting results with this is about consistent effort over time, it's a marathon not a sprint.

Jelqing: Just like in the length increasing section you can also use jelqing to increase your penis girth. The technique is exactly the same as before but now you perform the exercise with a 60%-100% erection intensity instead. Bear in mind this will be a lot more uncomfortable than the lengthening exercise and you'll have to apply a lot more grip pressure to achieve the same "marbles running down your urethra" sensation. Apply the same exercise routine as laid out in the length section, but be aware that your exercises will take a bit longer here as you'll have to make sure you are always at a stronger level of erection.

To see images of how to perform jelqing correctly visit www.stirlingcooper.com/jelq

Head Expansion: This exercise is designed to increase the size of the head of your penis (the glans). If you've got a big glans compared to the size of your shaft then you'll definitely get that "eyes rolling into the back of the head" look when you first stick your dick in, since it's the part that paves the way for the rest of your penis.

Start off with a full erection, then place your hand at the base of your penis in a reverse ok grip like you do with a jelq, but just before you apply the grip you want to perform a kegel (explained in the next chapter) to pump blood into the head of your penis, at that moment apply the grip pressure thus trapping that extra blood in the head of your penis.

Then you slowly apply more pressure with each of the other fingers of your hand as they grip onto your shaft one digit at a time. You do it one at a time to slowly push the blood up the shaft and into the tip of the penis.

Once all your hand is gripping keep the pressure on for 1-2mins, this is 1 rep. Start off by performing 1 set or 10 reps, you may need to get your erection back to 100% between reps so consider that your rest time, and then each week you can add in another set of 10 reps until you're doing 100 reps.

To see images of how to perform the head expansion correctly visit www.stirlingcooper.com/headexpansion

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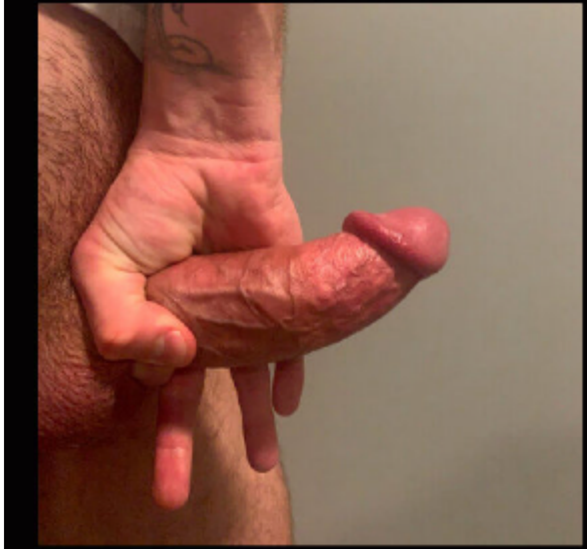
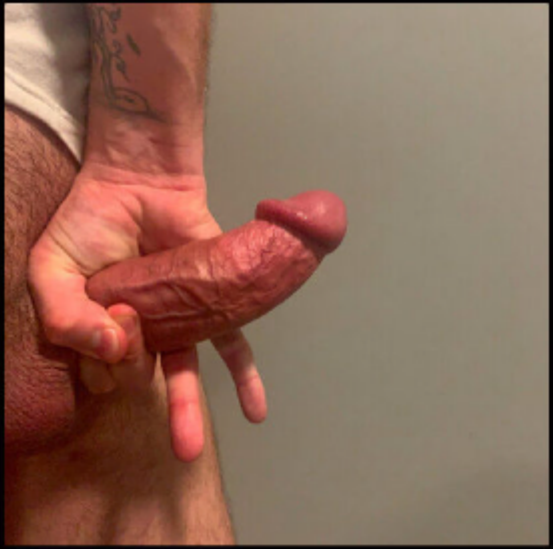
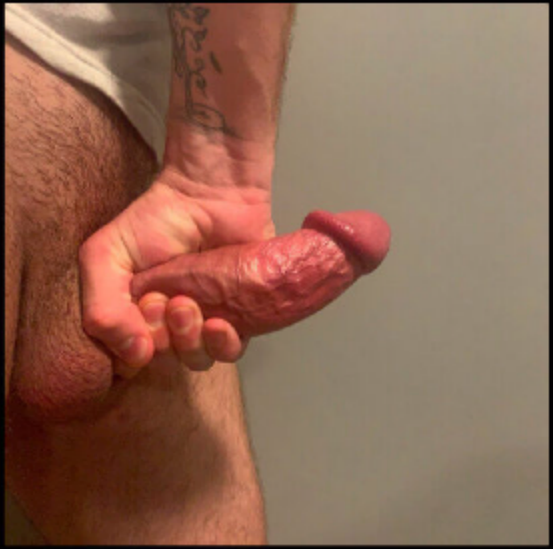


1). Start with a full erection, perform a kegel to pump blood to the head of your penis then immediately apply a reverse ok grip .



2). Slowly apply pressure by gripping with each of your fingers down the shaft, doing it one finger at a time to push the blood to head of your penis.



3). Keep the pressure on with a full hand grip for 1-2mins (depending on your experience level). This is 1 rep.

SUPPLEMENTS TO HELP WITH GROWTH

The internet is constantly bombarding men with adverts for pills and supplements that promise to give him a bigger dick. Unfortunately there is no magic pill you can take that will miraculously grow your penis. What you can do however is use supplements that will help improve the gains you'll get from the exercises I've just mentioned.

Evening Primrose Oil – The fatty acids in this oil help to promote skin elasticity and thus allow you to jelq, stretch and hang more effectively. The Gamma Linolenic Acid in Evening Primrose Oil facilitates the safe expansion of nerves and blood vessels.(4)I like to use Evening Primrose Oil in two different ways. Firstly I use the oil as a lubricant to do my jelqing exercises with and secondly I take 2000mg a day in tablet form. This works to improve my penile skin elasticity from the outside and the inside simultaneously.

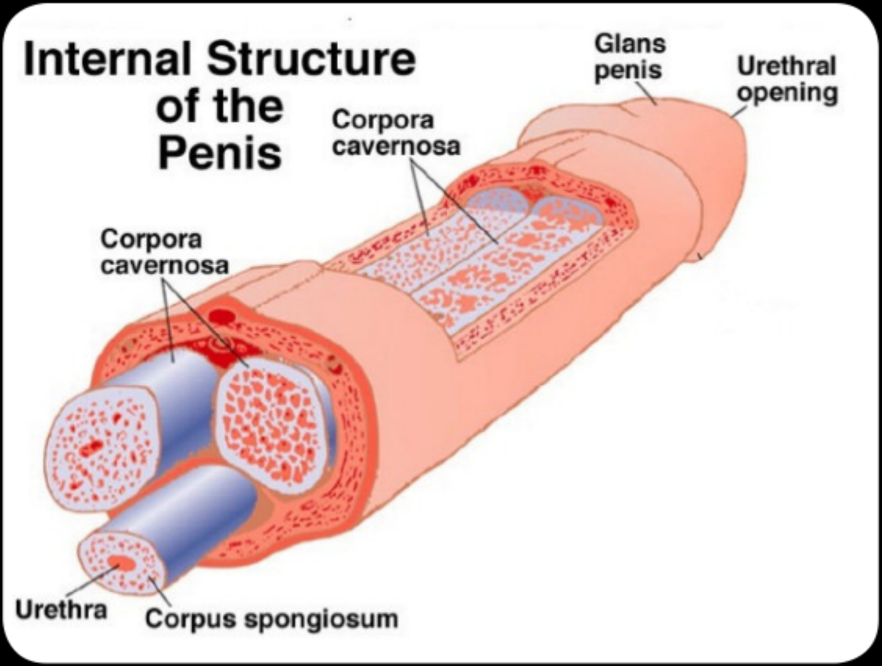
BCAA's (Branch Chain Amino Acids) – Branched-chain amino acids (BCAA's) are a group of three essential amino acids: leucine, isoleucine and valine. Supplementing with BCAA's has been shown to increase muscle growth, decrease muscle soreness, reduce exercise fatigue and prevent muscle wasting.(5) All of which are important for us if we are going to be tearing and repairing the cells of our penis. They are also a great supplement to take after the gym as they reduce your muscle soreness and allow you recover from exercise faster. I supplement 5000mg a day, broken down into 2500mg L-Leucine, 1250mg of L-Valine and 1250mg of L-Isoleucine.

STRONGER LONGER LASTING ERECTIONS

Any young man reading this book might be thinking "I don't have any problems getting a boner, in fact I can barely get the damn thing to go down!", well I have a newsflash for you son, when you reach your late 20's and early 30's your machinery won't be as reliable as it once was if you indulge in the average western sedentary lifestyle along with the standard American diet.

A strong long lasting erection is dependent upon 5 factors; good cardiovascular health, Nitric Oxide (NO) production, a strong PC muscle, healthy testosterone levels and the right mental state.

During sexual arousal, nerve messages begin to stimulate the penis. Impulses from the brain and local nerves cause the muscles of the corpora cavernosa to relax, allowing blood to flow in and fill the open spaces. The blood creates pressure in the corpora cavernosa, making the penis expand and creating an erection. Erection is reversed when muscles in the penis contract, stopping the inflow of blood and opening outflow channels.


Internal Structure
of the
Penis
Glans
penis
Urethral
opening
Corpora
cavernosa
Corpora
cavernosa
Urethra
Corpus spongiosum

A buildup of plaque in the arteries of your body (atherosclerosis), particularly the arteries that supply the penis, can prevent the increase in blood flow needed to start or sustain an erection. So you can think of erectile dysfunction as a kind of heart attack of the penis and in fact erectile dysfunction often precedes heart problems. Good cardiovascular health is necessary to prevent the problems mentioned above and to supply enough blood flow for a strong erection.

Nitric Oxide (NO) is important for erectile function because it is the principal agent responsible for the relaxation of penile smooth muscle tissue. In other words it helps blood vessels relax, so more oxygen-rich blood can circulate through your arteries and fill the chambers of your penis. If your penile blood vessels are constricted and tight then less blood will get in and you'll get a weaker erection.

The PC muscle (pubococcygeus muscle) is a hammock-like muscle that stretches from the pubic bone to the coccyx (tail bone) forming the floor of the pelvic cavity and supporting the pelvic organs. It allows the penis to engorge with blood during erection but when this muscle weakens, it is unable to prevent blood from flowing out of the erect penis. So a stronger PC muscle means that when you get a boner it will stick around for a lot longer.

Testosterone is the primary male sex hormone and it is produced mainly in the testes, with the adrenal glands producing a little bit as well. Testosterone production is regulated by the hypothalamus in the brain, which sends a message to the pituitary gland – the pituitary gland then passes the message along to the testes to stimulate testosterone production. In addition to its role in the development of male characteristics during birth and puberty, testosterone is also involved in sperm production and sex drive. Low testosterone levels have been associated with erectile dysfunction, reduced sperm count, loss of muscle mass or hair, reduced sex drive, and increased breast size. Although low testosterone levels themselves aren't a direct cause of erectile dysfunction, low T-levels cause a reduction in your sex drive, which will make it much harder to get a boner when you need one. Healthy testosterone levels are the sign of a healthy man, and what you'll find is that a lot of the diet, supplementation and exercise suggestions in this book will not only improve your T-levels but they will also improve your overall health as the two are very much interconnected for men.

The last factor in getting strong long lasting erections is having the right mental state. In short it's about achieving 3 different mental goals simultaneously 1) being present in the moment 2) eliminating the fight or flight response 3) being sexually aroused. Achieving the right mental state deserves it's own chapter, so later on in this book I have dedicated an entire chapter to it. In this chapter I will go over the different physical solutions you can implement to achieving strong long lasting erections.

No Alcohol, No Sugar, No Smoking

The first thing you can do to drastically improve the quality of your erections is to eliminate Alcohol, Sugar and Smoking from your life.

While many think of alcohol as an aphrodisiac because it can lower inhibitions, its objectively negative effects far outweigh any perceived benefits. As the amount of alcohol in the blood increases, the brain's ability to sense sexual stimulation decreases. As a depressant, alcohol directly affects the penis by interfering with parts of the nervous system that are essential for sexual arousal and orgasm, including respiration, circulation, and sensitivity of nerve endings. Alcohol also dehydrates the body, decreasing your total blood volume and it also increases levels of the hormone angiotensin, which causes the constriction of blood vessels.(6)

Men with blood sugar imbalances have trouble getting or maintaining erections and sugar is a major cause of erectile dysfunction, mostly in diabetic men. Sugar wreaks havoc with the Leptin levels in your body. Leptin is the hormone that tells your body when to stop eating but it ALSO helps to monitor sexual behavior. Sugar creates leptin resistance in the body; which in turn leads to a decrease in sex drive.(7) Consuming large quantities of sugar can also cause high insulin levels in your body. Along with increasing belly fat, high insulin and insulin resistance can create fatigue after meals, sugar cravings, hypoglycemia, high triglycerides, low HDL, high blood pressure, problems with blood clotting, and increased inflammation often accompanied by low sex drive. High insulin levels also exacerbate chronically elevated levels of cortisol, your stress hormone. When the hormones insulin and cortisol stay elevated long after they should taper down, they perform as a team to break down muscle mass, store fat, and dampen libido.(8)

Cigarette smoking can damage just about every part of your body. The chemicals in cigarette smoke injure the lining of your blood vessels and affect the way they function. Those chemicals can also harm your heart, brain, kidneys, and other tissues throughout the body. The risk of smoking to your erectile health is due to the effects of cigarette chemicals on the blood vessels in the penis. Nicotine causes your blood vessels to constrict or narrow, which limits the amount of blood that flows to your organs. Over time, the constant constriction results in blood vessels that are stiff and less elastic.(9) Constricted blood vessels decrease the amount of oxygen and nutrients your cells receive. To meet the need for more oxygen, your heart rate may increase. Carbon monoxide (another chemical product of cigarette smoke) binds to hemoglobin, the molecule in your blood that carries oxygen. When carbon monoxide is bound to hemoglobin, oxygen cannot bind. This decreases the amount of oxygen delivered to all of your cells. To provide your body with more oxygen and to pump more blood around your body, your heart may enlarge. An increased heart rate, an enlarged heart and stiffer less elastic blood vessels make it harder to pump blood and provide the body with oxygen and nutrients. These changes in the structure and function of your blood vessels and heart increase your risk of high blood pressure and cardiovascular disease.

If you're feeling worried that your diet and lifestyle may have caused irreparable damage to your body, I want to assure you that the body has a tremendous ability to heal itself. You could spend 10 years of your life fucking up your body then with a few changes to your diet and exercise you can start to heal and see your body bounce back to normal within 6-12 months.

Eat More Healthy Fat

You've been lied to most of your life about fat and cholesterol. The fact is that testosterone is made from cholesterol, it's literally the precursor molecule for its synthesis. Even though your body naturally synthesizes cholesterol on a daily basis – and controls the production according to your dietary intake – increased dietary cholesterol is still positively linked to increased serum testosterone levels.(10)

More and more research is coming out now that shows increased intake in dietary cholesterol IMPROVES heart health and improves your levels of HDL – the "good" cholesterol. So eating more healthy fats is not only good for your testosterone levels it's also good for your cardiovascular health.

Good sources of healthy cholesterol in your diet are eggs (especially the yolk), butter, steak, fish, lamb. Whenever possible get grass-fed steak and butter made from grass-fed cows, nutritionally the fat from grass-fed animals is far superior to that of grain-fed animals.(11)This is also why lamb is a great choice because sheep are always grass-fed, even in the USA. Wild caught fish are a better choice than farmed fish, which are often raised on grains. Organic pasture-raised eggs are your go-to choice where possible, you can tell the quality of eggs by how golden yellow the yolks are.

I like to have a "raw egg shake" the night before a porn scene; I will mix up 4 raw eggs with some vanilla protein powder and water. If it's mixed together well it comes out tasting like a vanilla milkshake. The reason I have this in the evening is because cholesterol is best consumed in the evening so that your body has the fuel required to build testosterone while you are asleep. Peak testosterone production happens (on a normal circadian rhythm) sometime before 8am, so eating lots of dietary cholesterol before you sleep gives your body the building blocks it needs to construct more testosterone.(12) Try this out for yourself and I guarantee you'll wake up the next morning with a raging boner like you're 16 again.

Fighting, Lifting and Cardio

One of the first things I noticed when I started looking for patterns amongst all the male porn stars I knew was how many of them did some kind of martial arts. Over half of the male porn stars I know do either boxing or Brazilian Jiu Jitsu.

Fighting seems to have this profound effect on men's overall confidence and attitude. When you pit two men against one another in combat they are forced into the present moment, they are forced into an uncomfortable situation and they are physically and mentally tested to their limits.

I have never seen a man who knows how to fight that doesn't walk through the world with swagger and confidence. This is exactly why I have taken up boxing myself.

Martial arts training also forces you to have tremendous cardiovascular health, you need your engine running at peak condition if you're going to be facing off against someone in the ring/octagon. Not only that but the act of competing improves your muscular endurance, raises testosterone levels and increases your confidence in stressful situations. All of which are vital when it comes to fucking on camera for a living.

There is something about the act of physically competing with another man, trying to impose your will on another person, that leaves men euphoric. It makes men whole, it teaches you not to back down, it teaches you to take challenges head on, to not doubt yourself or second guess yourself. Competition makes you the best version of yourself and fighting is the ultimate form of competition.

So wherever possible look for things to compete in, I guarantee your life will be better off in more ways than one because of it.

The rest of the porn stars I know (and there's overlap with those who do martial arts as well) do some form of heavy lifting or high intensity workout (like Crossfit).

There's a mounting pile of evidence to suggest that resistance/strength training (basically lifting medium-heavy weights) can not only stimulate testosterone production in the short-term but also in the long-term by forcing the body to adapt into a new "normal" where your testosterone production is significantly higher even at rest mainly due to "forced" neuromuscular adaptations.(13)

Spanish researchers found out that in newbie trainees, 4 weeks of strength training results in a significant 40% boost in RESTING testosterone, and -24% drop in RESTING cortisol.(14)

Resistance training is great for your physical and mental health and it's easily the best way to make your body look great, which amps up your confidence and can further boost your T-levels due to those 'feelings of success'. It's great for mental fortitude because it forces you to push yourself against ever increasing obstacles, and makes you 'comfortable being uncomfortable'.

High intensity interval training (Crossfit is a good example of this) is a fantastic way of improving your cardiovascular health and the constant changing of workouts keeps your body guessing so it never becomes used to the exercises, allowing for constant improvement in your overall strength and conditioning.

Throwing in some sprinting exercises or the occasional long distance run is a good way to round out your cardiovascular training if you're only doing heavy lifting exercises.

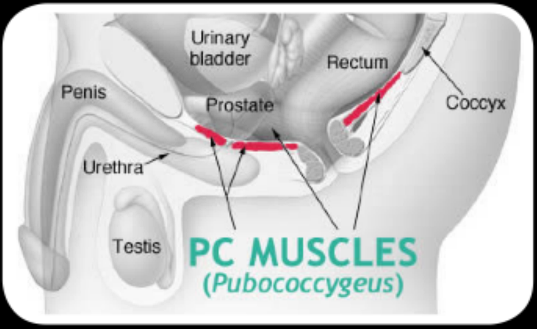
Exercise is a fantastic stress reliever because it reduces your body's cortisol levels. Show me a depressed man and I'll show you someone who doesn't lift weights regularly.

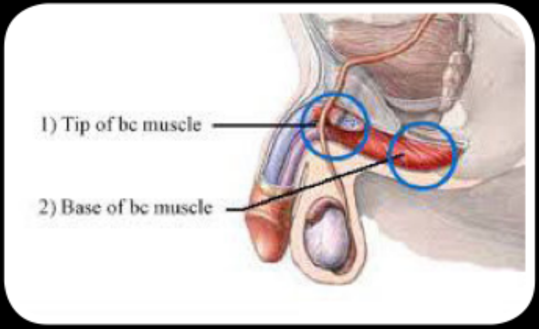
Jelqing

I explained how to perform the jelqing exercise in the previous chapters in order to increase the length and girth of your penis. But an added benefit of jelqing is that it will also help to improve the blood flow in your penis and give you stronger longer lasting erections. This is most likely due to the act of forcing blood through the penis and causing the blood vessels in the shaft to expand. So if you're already doing jelqing to increase your penis size you can also enjoy this additional benefit.

Kegels

If there is one exercise I would recommend above any other for men's sexual health it's the Kegel. Kegels are exercises designed to strengthen your pelvic floor muscles. The pelvic floor is a network of muscles that surround the base of your penis and consists of the PC Muscle (Pubococcygeus Muscle) and the BC Muscle (Bulbospongiosus or Bulbocavernosus Muscle). These muscles are responsible for erection, ejaculation and the sensation of orgasm, and the BC Muscle in particular is used to force blood into the head of the penis and to force semen out of the urethra.





Strengthening the pelvic floor muscles increases blood flow to the penis which improves erection quality and studies have shown that regular Kegel exercises can help men with erectile dysfunction to regain normal erectile function.(15) Kegel exercises also have the added benefit of improving ejaculatory control, increasing ejaculatory volume and strengthening a leaky bladder.

To perform a Kegel you simply clench your pelvic floor muscles. Imagine that you are peeing and you want to stop the flow of urine, that muscle you squeeze to stop the flow of urine is the exact muscle we want to target. You can also place your hand on the underside of your penis behind your balls when you squeeze this muscle to feel your pelvic floor contracting and help you isolate the muscle. Try not to tense other muscles like your buttocks, legs or abdomen at the same time and don't hold your breath while doing kegels, we want to isolate the pelvic floor muscles with each contraction. When you first start it may be easier to isolate these muscles by lying down. I recommend not doing your kegel exercises right before sex, as the muscle will be exhausted from the exercise. You should notice your penis bounces or lifts up a little when you perform each kegel.

Below I'm going to walk you through a progressive training regime designed to build up the strength of your pelvic floor over time, when you get to the end of this you'll have a dick harder than granite;

Rapid Kegels – Start off by doing quick Kegels where you simply contract and release, each contraction is 1 rep. Start at 100 reps/day and increase the reps by 50 each week, after you've done 400 reps/day for a week move onto the next exercise.

5-sec Hold Kegels – Now when you perform a Kegel you are going to contract and then hold the contraction for 5 seconds before releasing, that is 1 rep. Start at 50 reps/day and increase the reps by 50 each week, after you've done 200 reps/day for a week move onto the next exercise.

10-sec Hold Kegels - Now when you perform a Kegel you are going to contract and then hold the contraction for 10 seconds before releasing, that is 1 rep. Start at 50 reps/day and increase the reps by 50 each week, after you've done 200 reps/day for a week move onto the next exercise.

Erect Rapid Kegels – Now you'll be doing your Kegels with a full erection, start off with quick Kegels where you simply contract and release, each contraction is 1 rep. If you lose your erection between reps work it back to full strength and continue your reps. Start at 250 reps/day and increase the reps by 250 each week, after you've done 1000 reps/day for a week move onto the next exercise.

Erect Hold Kegels – Now when you perform a Kegel you will do it with a full erection and when you contract you will hold it for 10 seconds before releasing, that is 1 rep. If you lose your erection between reps work it back to full strength and continue your reps. Start at 50 reps/day and increase the reps by 50 each week, after you've done 200 reps/day for a week move onto the next exercise.

Weighted Hold Kegels – Now when you perform a Kegel you will do it with a full erection but you will be weighing down your penis with a towel, when you contract you will hold it for 10 seconds before releasing, this is 1 rep. If you lose your erection between reps work it back to full strength and continue your reps. Start at 200 reps/day and if you want to progress further you can increase the weight of the towel you're using by either soaking it in water or using a heavier towel.

Reverse Kegels – This is an exercise you can do at the same time as you progress through the training regime above. To do a reverse Kegel you push out with your pelvic muscles as though you are forcing urine out much faster when you are peeing. Push and hold the pushing sensation for 5 seconds before releasing, this is 1 rep. Start at 50 reps/day and increase the reps by 50 each week until you are doing 200 reps/day. Then if you wish to progress further you can increase the hold to 10 seconds at 200 reps/day. Work both your reverse kegels and your regular kegels each day.

Pomegranate Juice

This is one food that I want you to immediately go out and buy today. Due to my scientific background (I have a double degree in Chemistry) I'm very skeptical when people make claims about "superfoods" and their supposed benefits. Most of the time there is no peer reviewed scientific studies to back up such claims; they are purely anecdotal at best. So when I tell you to immediately go out and buy some pomegranate juice it's because it's the real deal. There are 2 reasons why this is a genuine superfood when it comes to men's health, and in particular getting stronger longer lasting erections.

First of all research has found that pomegranate juice appears to prevent hardening of the arteries by reducing blood vessel damage. Hardening of the arteries, known medically as atherosclerosis, refers to the buildup of plaque in the walls of arteries. This causes decreased blood flow that can lead to heart attacks and strokes. The antioxidant-rich juice has also shown signs of reversing the progression of this disease, which is tremendous news for anyone suffering from arterial plaque build up.(16)

Secondly pomegranate juice can help protect nitric oxide against oxidative damage, as well as enhance the activity of nitric oxide and increase levels of nitric oxide synthesis.(16) Remember how important NO is to achieving erections? Well now you have a juice that can literally help you get a raging hard boner that very same day. You're welcome.

Hanging Around Beautiful Women

Just being around beautiful women and talking to them will have an immediate effect on your testosterone. In fact, psychologists found that a five minute talk with a pretty woman can raise your levels of testosterone by 30 percent!(17)

Studies have also noted that testosterone levels in men significantly increase when they are surrounded by ovulating women, and just being sexually aroused can increase subsequent performance on a 3-rep squat.(18)

I personally have noticed this whenever I have spent the night at a strip club. Because my job involves immediately having sex with women, being teased by a stripper is actually a massive turn on for me since my sex life is basically devoid of foreplay. Spending the night at a strip club, tipping a few dollars here and there to get some quick attention and booty rubs on my lap will leave me charged up with sexual arousal and the next day at work I'm like a raging bull.

Vitamin D

Vitamin D regulates more than 1,000 bodily functions, including fertility, growth, hormone secretion, and sexual function. Needless to say that if your serum vitamin D levels are too low, more than 1,000 bodily functions are also somewhat impaired.

Several of these functions that vitamin D regulates are linked to the endocrine system, thus not getting adequate amounts of it has been correlated strongly with low testosterone levels.

Numerous studies have shown a correlation between increased sunlight exposure, and/or increased intake in vitamin-D followed by an increase in free testosterone levels.(19) Most people in the western world do not get adequate sunlight to meet their daily needs of Vitamin-D so supplementation is necessary. Take 2000 IU of Vitamin-D daily.

L-Arginine

L-Arginine is the amino acid used to make nitric oxide in the body. As we mentioned before NO facilitates the flow of blood to the penis during an erection because it helps blood vessels relax, so more oxygen-rich blood can circulate through the arteries of the penis. (20) L-Arginine has been studied extensively as a possible treatment for ED in combination with Yohimbine and Pycnogenol. Take 3g of L-Arginine daily.

Yohimbine

Yohimbine, an alpha adrenergic antagonist, was one of the oral erectogenic agents prescribed before the advent of PDE-5 inhibitors such as Viagra and Cialis. It is derived from an herbal remedy and appears to boost erectile function by improving blood flow. Studies report taking Yohimbine in combination with L-Arginine is effective in improving erectile function in patients with mild to moderate erectile dysfunction. (21) Take 5mg of Yohimbine daily.

Pycnogenol

Pyconogenol, a pine bark extract, has been shown to be a good antioxidant and has a positive effect on cardiovascular functions. It has been shown to have a role to play in enhancing endothelial nitric oxide synthase to produce more NO from l-Arginine. (22) Take 60mg of Pycnogenol 2 times daily.

Stinging Nettle Root

Stinging Nettle Root is highly regarded for its medicinal potential and the effectiveness in optimizing the male hormonal and sexual health. Stinging Nettle Root helps raise your free testosterone levels by inhibiting the binding of testosterone to sex hormone binding globulin, which would otherwise render it unusable for your body. Stinging Nettle Root also boosts testosterone levels by preventing it's conversion to dihydrotestosterone (DHT). (23) Take 1000mg daily on an empty stomach.

Keep in mind that all of these tools above won't really help you maintain an erection on camera in front of a room full of people unless you can control your mind (they will however do perfectly fine in the bedroom at home). Think of the above as the engine on a car, you could have a jet engine under the hood but it doesn't matter unless your car has wheels. Your mental game is the wheels on the car, it keeps you on the road, steers you in the right direction and allows you to get where you want to go.

* * *

HOW TO GET A MORE SENSITIVE PENIS

When most people talk about "problems in the bedroom" they normally think of either erectile dysfunction or premature ejaculation. Barely anyone talks about the opposite problem, not being able to orgasm due to a lack of penis sensitivity. There is a strong correlation between the mass availability of free streaming HD porn on the internet and sky rocketing rates of erectile dysfunction in men under the age of 40.(24) So it's no surprise that there are also a lot of young men out there who struggle with not being able to orgasm during sex.

As someone who grew up a chronic internet masturbator I attribute this phenomenon to two things 1) physical overstimulation of the penis due to excessive masturbation caused by excessive porn browsing searching for something novel, thus leading to a dulling of the nerves in the penis and 2) The perceived lack of sensitivity due to a need for novelty caused by dopamine bombardment, attributed to excessive porn browsing as well as social media use.

Personally this was the weakest part of my game as a porn star, not being able to cum on command. Some days I would absolutely smash through a scene and then ruin a perfect day by having to sit down for 20mins masturbating in order to get off a cumshot. I personally know friends who struggle to cum during sex with their girlfriends and only seem to be able to orgasm when they masturbate, and I've heard countless stories from women in the adult industry who have been on the receiving end of a similar experience.

But even if you don't have this exact problem, following the techniques I outline below and making your penis more sensitive will still help you achieve an erection more easily and more rapidly, so there's something to learn here for everyone.

Dopamine Fasting

The reason that excessive social media use, constantly searching for new and kinkier porn scenes to watch and even consuming excess sugar can fuck with your penis sensitivity is due to their effect on the brain chemical dopamine.

Dopamine is one of the many neurotransmitters that carry messages between brain cells. These chemicals travel through the brain by hopping from one cell to the next. After being secreted by one brain cell, a neurotransmitter must bind to a specialized receptor on the next cell in order to continue its journey. The brain releases Dopamine when we eat food that we crave, when we have sex, when we win at the roulette wheel, when we masturbate, when we get likes on our social media posts etc and it triggers feelings of pleasure and satisfaction as part of the reward system.

Under normal circumstances the brain produces dopamine at a relatively constant rate, and only a portion of its dopamine receptors are occupied at any given time. But with a constant stimulus like social media or porn browsing, the brain releases an avalanche of pleasure-inducing dopamine. With so much of the chemical available, practically all of the brain's dopamine receptors become activated at once. The result is euphoria for you, but the brain is overwhelmed and tries to dampen the effect by switching off some of its dopamine receptors.

Consequently when the stimulus goes away you are left with fewer functioning receptors and your mood will be lower than it was before. This starts a negative feedback loop. As dopamine receptors progressively shut down, you must provide more and more stimulus in order to get the same feeling. Eventually, this stimulus becomes the gatekeeper to your brain's dopamine levels. You may need the stimulus simply to feel a normal amount of wellbeing.

However, when you stop this negative feedback loop, the disabled dopamine receptors in brains can repair themselves. So what we want to do is make our brain more sensitive to the effects of dopamine, and in turn that will also increase the perceived sensitivity of our penis.

So how do we do that? We go on a dopamine fast.

For a period of 30 days we make a concerted effort to eliminate sugar, alcohol, drugs, gambling, porn, masturbation and social media from your life. We eliminate the stimuli that are easy to over indulge in (notice I didn't add sex to this list) and give our dopamine receptors a chance to repair themselves. When we are done with the fast our receptors will be back to a healthy fully functioning state and so something as simple as the thought of a naked woman will have a far stronger effect on our arousal than it did previously. A nice side effect of not masturbating for a period of time is that it will increase your overall sex drive and give you the motivation you need to leave your comfort zone, get out of the house and go talk to women. Pushing your comfort zone and learning how to talk to women is a required life skill for all straight men as far as I'm concerned.

Progressive Sensitization

There is nothing wrong with masturbation, but when we require greater and greater stimulus to achieve orgasm when masturbating that's when we're reinforcing a negative feedback loop.

So after you've done a dopamine fast and want to get back into masturbating it's important to make sure you don't just fire up the old bad habits again and constantly search for new and more novel porn on the internet.

What you can do instead is a technique called progressive sensitization.

Instead of using lots of different videos to masturbate, set yourself the rule that you're going to finish masturbating to the first video you watch, only 1 video allowed. Then after doing that for a week, you're going to downgrade the stimulus to only masturbating to photos for the next 2 weeks.

What we are doing here is training your brain to get aroused by less and less stimulating material. Then after 2 weeks of just photos you are going to switch to erotic short stories, now this may be something you have never even searched for before, but you're going to train yourself to get aroused by the words you are reading and the images you are creating for yourself in your mind.

By progressing to erotic stories as masturbation material you're teaching your brain to rely on itself, to rely on your own imagination to trigger your sexual arousal.

By this stage you should have no problem whatsoever achieving an orgasm when actually having sex, but if you feel like pushing yourself further then progress to masturbating with only your own thoughts as a stimulus, think about women you've seen in your day to day life and create a scenario in your head that arouses you. Once you're able to do this my friend, you have unlocked one of the secrets of being able to perform on camera like a porn star.

Edging

'Edging' is basically just giving yourself "blue balls". You masturbate as normal, but instead of allowing yourself to orgasm you get yourself to the point of no return (the point where you would orgasm if you kept stimulating your penis) and then you stop and allow your penis a moment to calm down and become less sensitive. Then you repeat this process again for however long you feel like, or for however long you can without bursting at the seams. If you've caused pre-cum to drip out of your penis, then you're doing it right.

A trick that I use before every scene I shoot is to edge myself the night before the scene and then edge myself again the morning of a scene, usually at least 3 hours before I will actually be having sex. This ensures my penis is fired up, sensitive and ready for any female attention that comes its way.

Anhydrous Lanolin

In my search to make my penis more sensitive I scoured the internet looking for creams, ointments and tinctures. I was willing to try anything that promised to magically increase its sensitivity.

Due to the fact that I am circumcised, my lack of foreskin has caused the glans of my penis to be somewhat dry and cracked my entire life . This means that unlike most men, direct stimulation to the glans of my penis actually feels painful and uncomfortable.

The more I learned about circumcision and the important role that the foreskin has in penile skin health the more I figured that this was the source of my lack of penis sensitivity. So I trolled through Internet forums on the subject and came across an idea I was stupid enough to try.

AHA (alpha hydroxy acid) is a type of skin care lotion often used to treat lines and wrinkles on the face. It's a strong exfoliant and causes the skin cells to shed, helping remove dead skin cells and making way for new skin cell generation. The forums I had been reading said that applying a 5% solution of AHA to the glans of your penis can help to shed the dry cracked skin and replace it with new shiny moist (and more importantly) sensitive skin. So me being the total baller that I am, I decided that 5% solutions are for pussies and I was going to man-up and use a 15% solution on my dick instead. That was not a good idea.

What began as a cool almost minty sensation on the tip of my penis soon progressed to a full scale inferno breaking out on my bell end. I quickly washed off the lotion and began to fear I had done irreparable damage to my penis. The fear escalated as I remembered that I had a scene the very next morning. There was nothing I could do so I went to bed and hoped that a good night's sleep would help to heal things up. It didn't.

I woke up to find the head of my penis was bright red and had pieces of skin peeling off of it. Being the sucker for punishment that I am I decided not to cancel my scene and went to set anyway, when I got there I informed my director and co-stars that I might be a bit off today due to accidentally giving my dick a chemical burn, they took a look at the damage I had done, winced in sympathy and after no deliberation at all proceeded with the day as planned. I got through most of the day without any problems but by the end of a grueling 6 hour shoot the skin of my dick had peeled off to the point where it was almost bleeding. I returned home that day a shattered version of my former self, every movement I made caused my dick to rub against my underwear in agonizing pain.

Luckily for me I have friends who know a thing or two about skin care. The porn star Ryan Keely recommended I try Lanolin (a waxy grease derived from sheep's wool). Pregnant women have been using Lanolin for centuries to heal chafed nipples caused by breastfeeding hungry infants. I was once again willing to try anything, this time ironically to reduce the sensitivity of my penis. I smothered the affected area in anhydrous lanolin and then wrapped it in clear plastic kitchen wrap to keep all the lanolin on my penis and stop it from rubbing off onto my underwear. I went to sleep praying for relief.

To my amazement I woke up without pain and found that the lanolin had worked wonders on my skin, after a few more days of this treatment my penis was fully restored and the skin was even better than before. The interesting thing was that my penis had a lot more sensitivity after this process and it was far easier to cum on command.

A few months passed where I tried out various creams to improve my penile sensitivity but none of them were successful. So I thought to give the Lanolin another shot, even though my penis wasn't red raw this time, I thought perhaps its waxy nature might help to trap moisture and fix the dryness of my glans. To my surprise it worked, by sleeping with the Lanolin on my dick I woke up with my glans looking healthier than before. I decided to repeat this for several days to see if it had an effect on my ability to cum on command and I saw a serious improvement using this method.

So if the head of your penis is dry and cracked, and you feel like you are lacking in penis sensitivity I recommend covering the penis in anhydrous Lanolin (both the head and the shaft), wrapping it in clear plastic kitchen wrap to keep it in place and sleeping like this for several days in a row. You'll see a significant improvement in your penile skin health and sensitivity.

Foreskin Regrowth

Most of the world is intact - as in not circumcised. The foreskin plays an important role in sex, it acts as a natural lubricant, it contains millions of nerve endings and it protects the glans from being desensitized. But for some of us, these valuable specialized erogenous tissues were removed when we were circumcised. Without the foreskin the glans becomes dried, toughened and less sensitive.(25)

Luckily we can undo some of the damage with non-surgical foreskin restoration. If you have enough remaining loose skin to roll forward and temporarily force the skin into position so it covers the whole glans when flaccid, then using the device I mention below can help to regrow your foreskin over time.

It's a lot of work to stretch your existing penile skin and it can take several years depending on how much you have to start with, but testimonials from those who have successfully done it already say that it's well worthwhile and gives you radically improved sexual sensations.

"It's like going from wearing 3 layers of thick condoms to wearing a single ultra-shear one." - Ron Low, Founder, TLC Tugger

The TLC Tugger is a device that allows you to keep your remaining loose skin stretched over your glans for an extended period of time, thus stretching the skin with frequent use and creating a new foreskin.

To see images of the TLC tugger being used visit www.stirlingcooper.com/TLC

To get one visit https://tlctugger.com/stirling and use the code STIRLING for 7% off your order.

It's recommended that you keep the device on 8-12hrs a day at tension, so some people wear it during work hours if they have a sedentary office job and others wear it while they are sleeping. This time under tension is what will cause your skin to stretch, but the retaining cone can also be used without any tension to provide the effect of having a foreskin already.

Personally I'm still in the middle of this foreskin recovery journey myself, but the reason I mention it in this chapter is because the benefits for me have been immediate. As I said previously wearing the retaining cone provides the effect of having foreskin, and I noticed that when I would sleep with the device on I would be much more sensitive the following day during a porn scene. Some have hypothesized that this is due to "dekeratinization" (the sloughing off of accumulated keratin) of the glans, but whatever the reason if you were unfortunate enough to be circumcised as a child I can't recommend this device enough.

You could say that through this experience I've become a bit of an "Intactivist". There is no medically significant reason for circumcision, it's simply a barbaric archaic tradition passed down through Judaism and Islam that somehow caught on in Christian circles as well (due to their belief that it would tame the urge to masturbate). If you aren't Jewish or Muslim the reason your father allowed you to be circumcised probably came down to "His penis should look like me". If my father got his face burned in a grease fire, most of us would think it barbaric for him to insist on burning my face off as well just so we could look alike. Yet somehow this reasoning is applied to chopping apart baby boys dicks.

Maybe there was an argument in biblical times for this practice because it may have reduced the risk of infection back in a time when cleanliness and hygiene weren't commonplace, but now you can simply WASH YOUR DICK rather than having it chopped apart. Circumcision has been found to somewhat reduce the risk of HIV transmission but wearing a condom does an even better job of this and doesn't require your dick to be diced up. When you think about this practice critically for more than a second it's mind boggling that we go along with it still to this day, in the western world we all consider female circumcision to be barbaric so why not male circumcision?

CHAPTER SUMMARY: BUILDING A PORNSTAR PENIS

GROW A LONGER DICK

- All Day Stretcher 4-8hr/day
- Jelqing (20-50% erect) 200 reps/day
- Manual Stretching 5-10min each position daily
- Zen Hanger 30min-1hr/day

GROW A THICKER DICK

- Bathmate 10-15min/daily
- Jelqing (60-100% erect) 200 reps/day
- Head Expansion 30-50 reps/day

SUPPLEMENTS FOR GROWTH

- Evening Primrose Oil 200mg/day
- BCAA's 5000mg/day

STRONGER LONGER LASTING ERECTIONS

- No Alcohol, No Sugar, No Smoking
- Eat More Healthy Fats (4 Egg Shake)
- Fighting, Lifting, Cardio & Competition
- Hang Around Beautiful Women
- Kegel Exercises daily (see chapter for reps)

- Pomegranate Juice 1 glass/day
- Vitamin D 2000 IU/day
- L-Arginine 3g/day
- Yohimbine 5mg/day
- Pyconogenol 120mg/day
- Stinging Nettle Root 1000mg/day

GET A MORE SENSITIVE PENIS

- Dopamine Fast for 30 days
- Progressive Sensitisation for 30 days
- Edging before Sex
- Anhydrous Lanolin
- TLC Tugger (8hrs/day for Foreskin Re-growth)

ORGASM
LIKE
A PORNSTAR

HOW TO LAST LONGER IN BED

The question of "how do I last longer in bed" is the second most commonly asked question of porn stars (after "how do I get into porn"). Working in porn you have a double-edged relationship with ejaculation. On one hand you have to be able to cum on command, so you need to be in touch with your orgasm and have a sensitive enough penis to pop at any time. But on the other hand you also need to be in control, make sure your excitement doesn't get the better of you and delay your orgasm until the director tells you to cum.

So how the hell do male porn stars do that!?

Well here a few different techniques that I and my peers use during sex scenes that you can apply in the bedroom to help stay in control of your orgasm and avoid premature ejaculation.

Edging During Masturbation – You can think of this as your training before the big game, athletes put in countless hours of work in the gym to prepare for their time on the field and sexual athletes are no different. Edging is when you masturbate without ejaculating. You work yourself up until you feel yourself getting close to the point of no return, then you back off so that the feeling subsides and then you start up again. The more you do this in the same session the more you'll be training your body to not lose control when things start feeling good. After practicing this for a while it'll be easy to be in complete control during sex. Think of it this way, when you masturbate if you jerk off for 2mins and bust your nut right away you are effectively training your body to behave that way during sex. Instead when you masturbate if you bring yourself close to orgasm and then back off, and repeat this over the course of 30+ minutes, you are training your body to last longer and remain in control.

Recognize The Point Of No Return – In case it's not clear, the point of no return is that point where any more stimulation to the penis will result in an orgasm, you no longer have any control, ejaculation is inevitable. You want to get in touch with your penis, with the different sensations on each part of it so that you can sense when you are approaching the point of no return and so that you can back off the intensity if you feel like you are getting a bit too close to it. You don't want to be one of those guys who pounds away and all of a sudden he's coming without warning, that's a sign that you aren't in touch with your own point of no return.

Eat The Pussy – This one is a bit of a no-brainer, but if you feel yourself getting too close and you need to back off, stop fucking her for a second and go down town and eat her pussy. No woman is going to complain about this and when you're filming porn it helps to break up the repetitiveness of the same position. It buys you time to let your sensitivity wear off a bit, and if you're into it like me the smell and taste of a woman's pussy keeps your dick hard.

Know Your Positions – Certain sex positions put you in more control of the rhythm, speed and friction of the sex and certain positions put the woman more in control. A good example of this would be Cowgirl VS Missionary, in cowgirl the woman can be fully in control of the rhythm of penetration while in missionary position you fully control the pace. So it's generally a good idea to start sex in positions where you have control, so that it's easier to last longer. If you start off in cowgirl and she goes a bit too fast for you, you might lose control too soon and pop. Knowing which positions you enjoy more than others is also important, because then you can save them for last and delay your orgasm. It also helps you to come on command easier when you know which positions help you to orgasm more quickly.

Kegels – I've mentioned Kegels before in this book, and that's because they are simply the best all around exercise for men's sexual health. In regards to lasting longer in bed, Kegels help you to stay more in control of your orgasm and if you train them long enough and hard enough you will even have the ability to completely stop your orgasm by clenching your kegel muscles. This takes a lot of time and practice but it is possible. One way of training this is when you are masturbating practice edging first and then when you decide to let yourself orgasm clench with one strong kegel and see if you can stop yourself from ejaculating. If your kegel muscle is strong enough you will be able to stop it.

Breath Control – The more sex you have the more you'll start to notice patterns in your own breathing. You'll realize that you have a certain way of breathing while you're fucking and you'll a certain way of breathing when you are about to orgasm. For example I know that my breath becomes short and shallow as I approach orgasm and I hold my breath when I'm cumming. If you recognize the way that you breathe when you are losing control then you can consciously correct it and thus change your physical response. When you change your breathing you will change the feeling of sensitivity in your penis. So for example when I notice that I am starting to lose control I begin to take longer, deeper breaths to regain control and remove some of the sensation from my penis. This is especially useful when you're in a position like cowgirl and the girl is controlling the rhythm of the sex.

Counting/Engage the Logical Mind – This is a technique that I picked up from one of the directors that hires me, Andrew Youngman, who also used to be a male performer in Europe (and quite a good one at that). Whenever he found himself getting a bit too sensitive he would start to count things in the room, like the number of tiles on the roof or the number of panels on the wood walls etc. What this does is it takes your mind away from the sensation and engages your logical mind, which is normally a terrible idea during sex because it leads to you losing your boner, but if you are so aroused that you might prematurely ejaculate then engaging your logical mind is a good way to prevent that from happening. It's similar to the advice you hear in movies about "thinking of the queen" to stop yourself from cumming, except that's too vague and requires imagination. This way you are literally just counting things so there is no way you are going to accidentally imagine a sexy version of the queen and find yourself ejaculating too early.

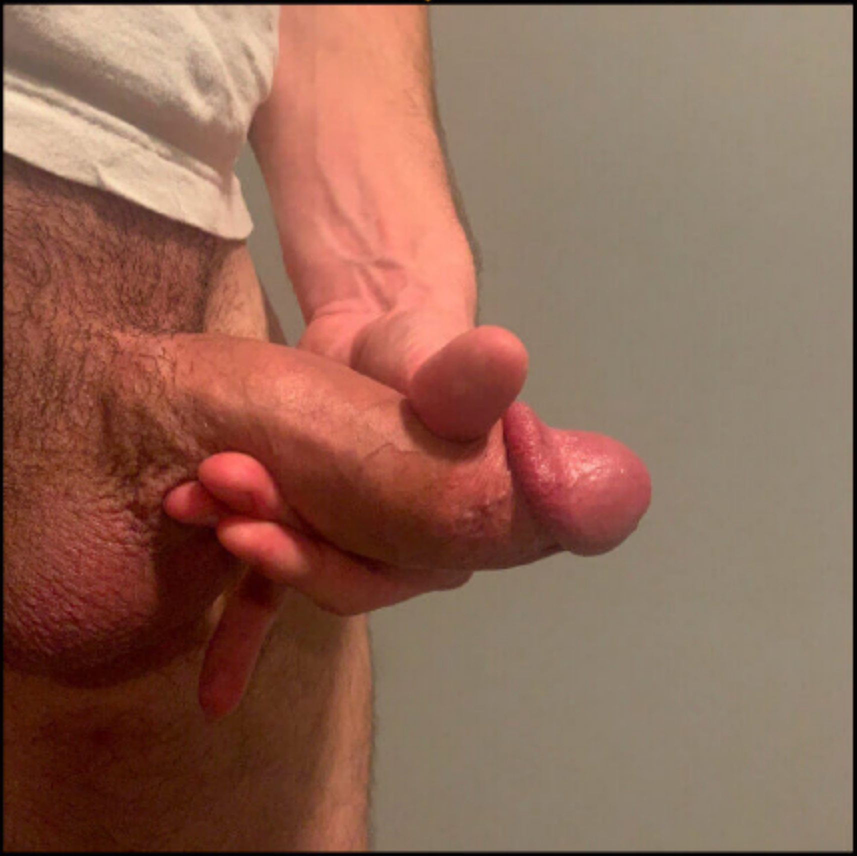
Flick The Tip – This is a technique I saw a performer do in a porno I watched when I was a teenager (I wish I knew who the performer was because I would credit him if I did). The guy realized he was too close to cumming so he pulled his dick out and started to flick the head of his penis to stop himself. I've used this same technique on multiple occasions during scenes and it works great. Basically you're inflicting a bit of sharp pain to take away the good sensations from your penis. Then once you're back in control you can resume fucking as usual.

Pinch Yourself – This is similar to flicking the tip, if you're like me and you don't enjoy receiving pain during sex (for example I hate when girls scratch and bite me) then you can pinch yourself in the leg during sex to take away the sensation from your penis. You can also ask the woman to do it if that helps, she can even reach a more painful spot like the fleshy parts on the side of your torso under your arms.

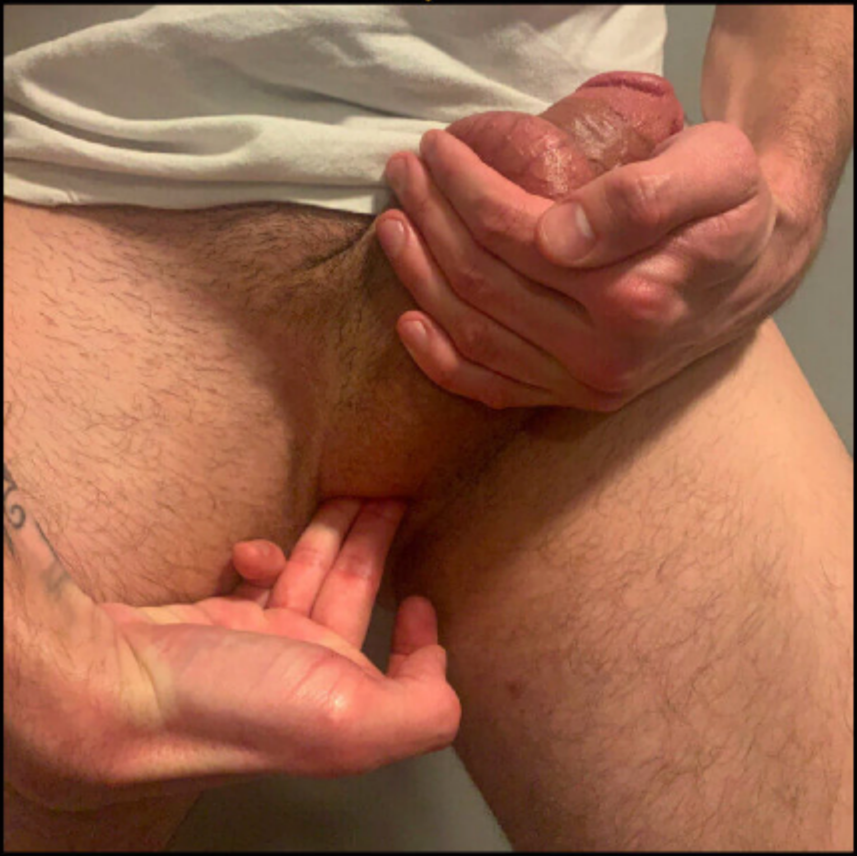
Kink The Hose – This is a technique I recently discovered by accident while masturbating. For me the most sensitive part of my penis is the frenulum, which is the soft bit of skin on the underside of the penis near the top of the head, right below the pee hole. Sometimes this part is affectionately referred to as the banjo string. So when I'm close to orgasm this is the part of my penis that feels the most sensitive and this is the place that if it receives any more stimulation will cause me to orgasm. What I've noticed is that if I grab my penis right at the base and bend it forward (my penis naturally curves up towards me when erect so this is going against my natural curve) it cuts off the sensation to the frenulum by creating a "kink in the hose" on the urethra. I can do this again and again during the same session and it keeps working to stop me reaching the point of no return.

For an example image go to www.stirlingcooper.com/lastlonger

The Pressure Point – This last technique is a way to stop the physical flow of ejaculate out of the penis, it doesn't actually stop you from having an orgasm. So in a way it allows you to orgasm without ejaculating. What we are doing is basically the same thing as with the kegel method of stopping ejaculation but we are doing it with our fingers. You apply pressure with your fingers at the gooch, between your balls and your anus, it'll feel like you are closing off a tube by pressing down and this is the tube your ejaculate flows through. So if you find that you have reached the point of no return and you are going to orgasm you can quickly apply a lot of pressure to this point and stop the flow of ejaculate, if you hold it long enough through all your contractions it will subside and you wont have any come out (if you let go too early some ejaculate will still dribble out). Another interesting thing about this is that you get an orgasm minus



"Kink The Hose" - By applying at the underneath the base of the penis and at the top of the penis behind the glans I create this kink in the hose effect that stops sensation to the frenulum and allows me to regain control, stopping premature ejaculation.



"The Pressure Point" - Applying pressure at this point, behind the balls before the anus, you'll be able to physically stop the flow of ejaculate from leaving your penis.

the pleasurable sensation of ejaculate traveling down the urethra, so it's almost like a half orgasm. This will allow you to get hard again quickly or even maintain your current erection and continue on to have another orgasm. I do not recommend doing this regularly though as stopping the flow of ejaculate and having it travel backwards through your system is terrible for your prostate health.

For an example image go to www.stirlingcooper.com/lastlonger

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HOW TO GET A BIGGER BETTER CUMSHOT

If there's something I'm known for in porn, it's my cumshot. I've caused countless actresses to recoil in fear after being nailed in the forehead by the force of my ejaculate, directors on multiple occasions have said I produce "an unholy amount of semen" and once shooting for Score Group I came so hard that my semen launched over the bed and landed directly on the director's iPhone on the other side of the room.

So if you've ever watched porn and wondered, "How the hell does that guy cum so much!? Mine doesn't look like that." Well wonder no more because here is the fool-proof 6-step formula that anyone can use to give themselves Porn star level cumshots;

ZINC – Take 50mg of Zinc daily. Do not exceed this as taking too much zinc can cause unwanted side effects. Zinc will make you secrete much more prostatic fluid, make your cum thicker and slightly more voluminous.

LECITHIN – Take 6000mg of Lecithin daily. This alone will increase your ejaculate volume a lot. I find that without doing anything else, going 2 days without cumming and supplementing Lecithin daily gives me a huge cumshot.

CELERY – Eat 2-3 sticks of celery the day (or even two days in a row) before you plan to ejaculate. Celery makes your cum pearly white, thicker and heavier. On camera it makes for that perfect looking (and easy to aim) cumshot.

KEGELS – Doing regular Kegel exercises (as discussed in "Stronger Longer Lasting Erections") will give your PC muscle the power it needs to shoot extra semen out. Some guys are dribblers and some guys are shooters when it comes to ejaculating, and in my opinion there are pros and cons to each. Dribblers can aim their cumshot much easier than shooters can, but shooters tend to have a much better looking cumshot on film. If you're a dribbler and you regularly Kegel then you'll be able to shoot your load much further than you used to. If you're a shooter and you do regular kegels then you'll still end up shooting out even more than you normally would, you'll get a few extra pumps/ropes out of each orgasm.

WATER – Drink at least 1-2L of water a day, stay nice and hydrated and you'll have much more volume to your cumshots when the time comes. If you're dehydrated you'll find that your cumshots tend to be thicker and dribble out more, whereas if you are hydrated then it will be more voluminous and will shoot out in ropes.

EDGING – Edging as discussed earlier is the practice of masturbating up to the point of no return (where any more sensation to your penis would cause you to lose control and orgasm) and then stopping all stimulation and allowing yourself to calm down. It's basically the process of giving yourself 'blue balls' and what this does is it builds up the seminal fluid in your balls in preparation for an orgasm which never comes, thus leaving you with more fuel in the tank for when you do eventually orgasm. I personally like to edge the night before a scene and the morning of a scene in order to build up a good amount of ejaculate while some performers will edge up to 5 times the same day before ejaculating.

The average amount an adult male cums is between 2ml -5ml but if you use all 6 of the components above you'll easily reach a spunk volume of around 10ml.

EXTRA CUMSHOT TIPS

If you're a shooter and you want your cumshot to dribble out instead, a trick I found is to give yourself a ruined orgasm. Basically get past the point of no-return where you cannot stop yourself from ejaculating but immediately stop stimulating your penis. If you do it right you'll ejaculate without having a full orgasm and because you aren't orgasming your PC muscle won't be contracting and shooting all the semen out at full force so instead it will just dribble out.

Another way of increasing the velocity and distance with which your cumshot shoots out is to pinch the base of your penis while ejaculating and cause a build up of pressure in your urethra, if you time it right then when you release on your next spasm your semen will shoot out much further than normal. This takes a bit of practice to get the timing right. If you want to learn from the master, watch porn videos with Jonny Sins in them, as he does this for his pop shots.

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HOW TO BECOME MULTI-ORGASMIC (REDUCING THE REFRACTORY PERIOD)

The refractory period is the name for the recovery phase after orgasm during which it is physiologically impossible for a man to have additional orgasms.

After an orgasm dopamine levels decrease in the brain while prolactin levels rise. Dopamine is responsible for our anticipation of sex, so it's decrease halts our physical and mental anticipation for sex (like getting an erection or increased libido).

Prolactin is released after an orgasm to counteract the effects of dopamine and is responsible for the sleepiness and satiated feeling one gets post orgasm. It's kind of the body's way of telling dopamine that the job is done. Prolactin triggers the central nervous system centers responsible for satiating the sex drive.(26)

However, studies conducted on naturally multi-orgasmic men withdrew blood samples during successive orgasms and found that these multi-orgasmic subjects (with little to no refractory period) had no increase in prolactin levels in their brains post orgasm. The absent prolactin surge was also accompanied by both maintenance of erection as well as preserved sexual desire.(27)

Reducing Prolactin Levels in the Brain

Do you have the sex drive of a shoe? If so, it may be due to abnormally high levels of prolactin in your brain. Luckily there are several natural supplements that you can take to reduce your body's prolactin levels and increase your dopamine levels, without any negative side effects.

Mucuna Pruriens – Research has shown that supplementing 5g daily for 3 months with this naturally occurring source of L-Dope (a precursor of dopamine in the body) decreases prolactin levels by 19% in healthy men. It also stimulated the pituitary gland to produce LH (luteinizing hormone) and FSH (follicle stimulating hormone), which prompted the testes to manufacture sperm and raised testosterone by 27%. It addition to this it also reduces levels of SHBG (sex hormone binding globulin) which binds to testosterone rendering it inactive. It's generally a good idea to cycle supplements that boost dopamine so only take it on days when you need a high sex drive.(28)

Vitamin B6 (P-5-P) (Pyridoxal-5-Phosphate) – Vitamin B6 exerts a hypothalamic dopaminergic effect which causes a significant reduction in prolactin levels. To lower prolactin levels I would recommend you take 50 to 200mg of P5P a day, in divided doses. You can also try high doses (200-400mg) of Vitamin B6 (Pyridoxal-5-Phosphate) on days when you need to lower refractory period and increased sex drive. A 2018 study administered 300mg daily for a month and observed a reduction in prolactin levels in test subjects by 50%. Beware though that prolonged use of high doses (200mg+) of vitamin B6 is toxic and can cause nerve pain, high doses only once or twice a week is generally safe but be sure to cycle off this supplement regularly.(29)

Vitamin E – Although less thoroughly studied than B6 there are several studies which support Vitamin E as a powerful prolactin inhibitor. I would recommend you take 300 to 400 IU per day of natural vitamin E – this can be raised to 1000 IU for greater prolactin control but be aware of the possible side effects such as iron depletion and high blood pressure. Natural vitamin E is labeled D-alpha tocopherol whereas synthetic is labeled DL- alpha tocopherol – the natural form works best.(30)

S-Adenosyl methionine (SAM-e) - The mood- and brain-function boosting, liver detoxifying and joint strengthening supplement SAM-e also has the ability to raise testosterone and lower prolactin levels in men. Several studies done on depressed men show it's ability to significantly reduce concentrations of prolactin. Take 400 to 1200 mgs a day of SAM-e along with vitamin B6 and vitamin E. Due to its ability to detoxify the liver, an added bonus of using SAM-e is that it can control estrogen levels at the same time as keeping prolactin levels low.(31)

If you're suffering from symptoms of high prolactin and can't resolve them with the above prolactin inhibitor supplements, I would recommend you test to see if you're suffering from hypothyroidism. Low thyroid function is often causative of raised prolactin levels.

For those of you who prefer a high risk high reward approach to life, there is one final drug you can take that has been clinically proven to drop prolactin levels and cause men's sex drive to skyrocket.

Cabergoline/Dostinex/Cabaser – This is a prescription drug designed to treat Parkinson's disease that acts on dopamine receptors in the pituitary gland. Cabergoline stimulates D2 receptors in the anterior pituitary gland and prevents the production of the hormone prolactin. Not surprisingly, a frequently reported side effect from men taking the drug is that they find themselves to now be multi-orgasmic.

WARNING: Not only do you need to find a way to buy this drug on the black market, it can also lead to increased risk taking behavior like gambling. It also doesn't work for everyone and can have a very negative impact on your brain chemistry. When I tried it I had no positive benefits at all and I found myself in a spiral of depression for about a month after going off the drug. Other people report this to be a miracle drug for them, with no negative side effects at all, giving them an insatiable sexual appetite. It totally depends on the individual.

Edging and the Power of 'Ruined Orgasms'

Edging is a tool that I mention quite a few times in this book. As well as improving longevity in bed, it also has the ability to teach you how to achieve multiple orgasms as a man. What I describe below is a purely physical practice, it doesn't require any altering of your brain chemistry, it doesn't require monk-like meditative ability and it's something that every man can do with enough focus and practice.

Firstly you're going to want to build up the amount of ejaculate in your balls if you're going to be cumming multiple times. There's nothing worse than achieving your second orgasm in a row only to spurt out dust because you've got nothing left in the tank. So make sure you read the previous section on "How to Get a Bigger Better Cumshot".

Once you have been practicing edging long enough you'll have an intimate understanding of your "point of no return" and the more you practice the more you'll be able to get closer and closer to this point without losing control.

The physical technique that any man can use to achieve multiple orgasms is called a "ruined orgasm", now this name is rather misleading because it's not really ruining your orgasm (I personally think it feels amazing) it's more like having the physical aspect of an orgasm without the full mental/chemical release in your brain. This allows you to stay hard and give off a second orgasm either straight away or after you've fucked some more.

In order to achieve this you must tip yourself just over the point of no return and immediately stop all physical sensations to your penis at the same time. What this does is triggers the physical orgasm response without the mental release (i.e. a surge of prolactin in the brain). Don't resume any physical sensations to the penis until the ejaculatory spasms have ceased otherwise you'll end up causing this mental release. Then once ejaculation has stopped you can resume masturbating or fucking and bring yourself to another orgasm. You can string as many of these 'ruined orgasms' together as you like, with your last orgasm being a full mental release where you don't stop the physical sensation when ejaculating.

This takes a lot more practice than you might think, being able to fully stop yourself from achieving the mental release requires really being connected with the physical sensations of your body. So I recommend practicing this first during masturbation before trying it in the bedroom, when you have somebody else's touch involved it's much harder to have full control over reaching the point of no return.

Another trick to finding the tipping point is to focus physical sensations on the frenulum (also known as the p-spot). This is the ‘banjo string’ that runs along the underside of your penis starting at the bottom of the pee hole.

This is the most sensitive and pleasurable part of the penis so it's much easier to control your orgasm by paying attention to this spot rather than stroking away like a mad man. It's also a good spot for your partner to focus on if they want to help you to achieve multiple orgasms.

I've personally used this exact technique to achieve multiple orgasms in the same sex session, fucking in between and not losing my erection, I've used it to achieve back-to-back orgasms where I immediately came again ejaculating twice as much and with twice as many pumps/spasms as I normally would and I've used it to shoot multiple scenes in the same day and not lose my sex drive in between, where the first scene was a ‘ruined orgasm’ and the second was my full orgasm.

CHAPTER SUMMARY: ORGASM LIKE A PORNSTAR

LAST LONGER IN BED

- Practice Edging
- Recognize the 'point of no return'
- Eat pussy to take a break
- Know what sex positions make you cum quickest
- Breath control
- Engage the logical mind
- Flick the tip
- Pinch yourself
- Kink the hose
- The pressure point

GET A BIGGER CUMSHOT

- Zinc 50mg/day
- Lecithin 6000mg/day
- Celery 2 sticks/day
- Water 2L/day
- Kegels
- Edging

BECOME MULTIORGASMIC

- Mucuna Pruriens 5g/day
- Vitamin B6 (P-5-P) 300mg/day
- Vitamin E 400IU/day
- SAM-e 400-1200mg/day
- Practice 'Ruined Orgasms

BUILDING A PORNSTAR BODY

HOW TO GET RIPPED

Abs are made in the kitchen. This is one of the most important truisms in all of bodybuilding. If you want to get that fit, ripped kind of look then the first thing you need to do is to lose body fat and the best way to do that is to clean up your diet.

Forget about doing a billion sit ups, that comes later, if you focus on reducing body fat by making better food choices then your abs will naturally stand out. Once you can actually see them, then you can focus more on making them as pronounced as you want by doing abdominal exercises.

The best way to reduce body fat is by cutting out foods that cause your body to create more fat in the first place. I don't believe in counting calories because that's a very stressful way of losing weight and requires a lot more discipline than what I'm about to teach you. I also think weighing yourself is a terrible metric for measuring your progress, since muscle weighs more than fat. So you can lose body fat, gain muscle and end up looking better without actually losing any weight.

Time for a really basic lesson in biology!

When you eat foods that have a high glycemic index this causes your blood sugar to spike rapidly, unfortunately high blood sugar is poisonous to your body & brain, so in response your body releases a hormone called Insulin to shuffle away all the excess glucose (sugar) in your bloodstream to your muscle cells, your liver cells and then once those reserves are full the rest goes into your fat cells for storage.

Evolutionarily speaking this is a great design! For most of human evolution food was scarce, we had to work really hard to find it so when we came across an abundance of food it was a good thing that any excess we consumed got turned into fat stores for our body to use for energy in times of scarcity.

Unfortunately the standard western diet overloads our bodies with foods that have a high glycemic index and our brains are hardwired to make us over consume them, especially sugary foods because it releases a dopamine hit in the brain much the same way that cocaine does. This helps to explain why most people are so addicted to sugar/carbohydrate consumption.

The glycemic index is a number from 0 to 100 assigned to a food, with pure glucose arbitrarily given the value of 100, which represents the relative rise in the blood glucose level two hours after consuming that food.

An easy way to think about all this is, when blood sugar is high, insulin is high and insulin is what causes the body to store more fat.

Now fortunately there is another hormone that does basically the opposite job of insulin, and that hormone is called Glucagon. Glucagon causes your muscle, liver and fat cells to release their stored fatty acids back into your bloodstream so they can be used for energy. The pancreas releases Glucagon when the concentration of insulin (and indirectly glucose) in the bloodstream falls too low. So basically Insulin and Glucagon have an inverse relationship to one another, when Insulin levels are high Glucagon levels are low and vice versa.

Carbohydrates with a low glycemic Index are more slowly digested, causing a lower and slower rise in blood glucose levels which means lower insulin levels. So when you eat low Glycemic Index foods like leafy green vegetables, meats and healthy fats your bodies levels of Glucagon are higher and thus you are burning your stored fat.

This happens without you doing any exercise at all, your body uses energy all the time just to keep itself running, so if you're eating right you are constantly burning body fat and getting yourself closer to that ripped look you desire.

So what kind of foods do you want to avoid?

- Alcohol (especially beer or alcoholic drinks mixed with sugary sodas and juices)
- Sugar and High Fructose Corn Syrup (sweets, sugary sodas & drinks, marinades and sauces that contain sugar)
- Bread, Pasta, Rice, Noodles, Grains, Flour (anything made from wheat, rice, corn or grains. This basically covers most of the 'carbs' we eat on the standard western diet)
- Fruit Juices and only eat fruit in small doses, try to stick to berries if possible.
- Milk (milk is an odd food because it's low glycemic index but causes a high insulin spike so that's why we avoid it)
- Legumes (So all kinds beans and peanuts, I avoid these because of the potential bloating and digestive problems they cause)
- Potatoes only after high intensity exercise and preferably sweet potatoes.

So what do you get to eat then?

- Meats (Grass-Fed Beef & Lamb are top of the list, followed by Wild-caught fish, then hormone and pasture raised Pork & Chicken)
- Healthy Fats (Olives, Avocados, Grass-Fed Butter, Eggs, Cheese)
- Vegetables and Leafy Greens (Broccoli, Cauliflower, Kale, Spinach, Cabbage, Onions, Carrots, Pumpkins, Squash, Peppers)
- Spices and Sugar/Wheat Free Marinades & Sauces

The great thing is you can eat as much of these foods as you want as long as you're sticking to the guidelines. You should never feel hungry eating like this, if you are feeling hungry then you need to eat more of these good foods!

Here are some examples of my most commonly cooked meals;

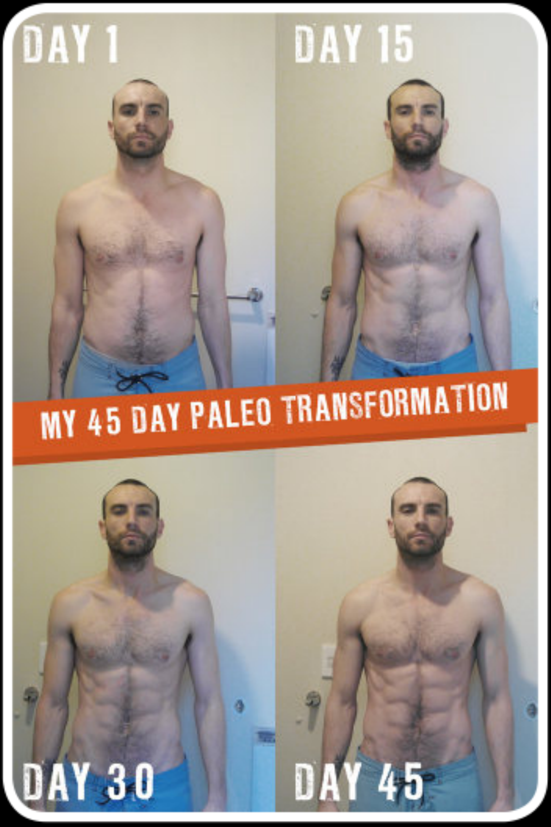
- Pulled Slow Cooker Pork and Coleslaw
- Grilled Salmon and Broccoli
- Roast Lamb with Roast Vegetables (Pumpkin, Red Onion, Carrots)
- Chicken Soup (Celery, Carrots, Onions)
- Oven Roasted Bacon and Sweet Potato

What kind of foods are good for snacking on?

- Biltong (NOT beef jerky, jerky has loads of sugar usually, Biltong does not)
- Mixed Nuts
- Bone Broth
- Olives
- Cheese
- Kale Chips

Once you've got your diet handled, any exercise that you do on top of this is going to exponentially increase the amount of fat loss you'll experience. We start with diet because not only is it the primary foundation for weight loss but a healthy diet also improves a myriad of bodily functions (e.g. reducing inflammation, improving immune function) which we need in order to have good testosterone levels and strong erections.

The diet I've outlined above is basically the Paleo Diet (with the exception of cheese) and to prove that it works I've provided below the images of the first time I went on the Paleo Diet when I was in my late 20's. Not only did I rapidly lose body fat in just 45 days by sticking to this diet, I also improved every aspect of my physical and mental health.



For more in depth information on improving your overall health and well being through diet I highly recommend you read the following books;

The Ultramind Solution – Dr Mark Hyman

The Primal Blueprint – Mark Sisson

HOW TO GET FITTER

To be a Porn star you NEED good cardiovascular fitness. I find that the best way to consistently improve and maintain good cardio is by adhering to two basic guidelines (1) Work at a High Intensity (2) Constantly change it up to keep the body guessing.

I find one of the best ways to improve your fitness is with High Intensity Interval Training (HIIT), depending on your budget and how well you push yourself on your own VS with a coach will dictate how you get your training done.

If you have the budget for it and respond better to having a coach or being in group settings where you're competing against others, then in my experience one of the best ways to train is Crossfit.

I know Crossfit has a bad reputation sometimes of throwing beginners into the deep end, so I'll say with full disclosure that you should get some one-on-one lessons first if it's your first time doing Crossfit or doing any powerlifting and Olympic lifting of any sort. You want to make sure that good form is drilled into your brain so much that it's second nature, this will help you avoid injury and prevent you from hitting a strength plateau due to poor lifting mechanics.

When I say drill good form I mean you're literally starting with just a broomstick handle and perfecting the movement before progressing to a weightless barbell, then perfecting the movement with just a barbell before moving onto adding a small amount of weight and so on and so forth until you're moving decent weight with great technique.

A great resource on performing basic movement mechanics with perfect form, getting over injuries and improving your range of motion is the book Becoming a supple Leopard – Kelly Starrett.

Once you have good technique then you can take group Crossfit classes and really step your fitness up another notch. The combination of high intensity workouts, group class competitiveness and support you get from Crossfit classes is unparalleled in my opinion. Plus a lot of Crossfit gyms also incorporate a Power lifting or Strength component into their workout of the day (WOD).

Doing Crossfit 2-3 times per week gives my body a good ratio of work VS recovery so I can perform as a Porn star without any muscle fatigue and keep improving my overall fitness.

If Crossfit is out of your budget, or just not your style, then I would recommend other forms of high intensity cardio such as skipping, hill sprints and workouts that require very little equipment (e.g. a pull up bar). The following Crossfit benchmark WODS and sprinting exercises are a good place to start for some free High Intensity Workouts;

Angie – 100 Pull-ups, 100 Push-ups, 100 Sit-ups, 100 Squats

(For time, complete all reps of each exercise before moving to the next)

Barbara – 20 Pull-ups, 30 Push-ups, 40 Sit-ups, 50 Squats

(5 rounds, time each round, rest 3 minutes between each round)

Chelsea – 5 Pull-ups, 10 Push-ups, 15 Squats

(Each minute on the minute for 30 mins)

Cindy – 5 Pull-ups, 10 Push-ups, 15 Squats

(As many rounds as possible in 20 minutes)

Annie – Double-unders, Sit-ups

(50-40-30-20 and 10 rep rounds, for time)

15-20m Hill Sprints – Do 15 reps at 100% effort with a 1 minute recovery time between each rep.

1-2-3-5-3-2-1 Ladder Sprints – Mark out a 15m distance, on the first set sprint up and back once, take note of how long it took you and take half that amount of time to recover before your next set. On the next set spring up and back twice, take half that amount of time to recover before the next set and so on until you've done 1, 2, 3, 5, 3, 2 and 1.

Skip Rope 4x3 – 4 Sets of 3-min max effort skipping, do double unders if you can. Rest for 5min between each set.

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HOW TO GET STRONGER

Not only do you want to have good cardiovascular fitness, but you also need to be strong. Being a male Porn star is physically demanding, you have to be strong enough to lift and physically move around the women you're working with whilst fucking them. Especially if you're a taller guy, you will get cast with smaller petite girls and picking them up to fuck them is a very popular move. Plus all this has to be relatively easy for you and not physically taxing, because you need to maintain an erection while you're doing it.

This all means improving your power to weight ratio.

The most tried and tested way of improving your strength over time without putting your body at risk of lifting too heavy is to do a 5x5 regime of the basic power lifts.

I highly recommend the StrongLifts apps, I've used it myself with a lot of success, plus it's free.

Determine your starting weight for each of the lifts listed below and lift every other day, swapping back and forth between workout A and workout B.

Rest at least 1 ½ minutes between sets, and if you found the set particularly hard rest for a full 3 mins. If you successfully complete all 5 sets at 5 reps each at the weight listed then the next time you perform that lift increase the weight by 5 lbs. If you don't complete all 5 sets at 5 reps each, then keep the weight the same next time you lift and consider increasing the rest period between sets. (The exception to this is Deadlifts where you only want to do 1 set of 5 reps).

Workout A – Squat 5x5, Overhead Press 5x5, Deadlift 1x5

Workout B – Squat 5x5, Bench Press 5x5, Bent Row 5x5

Aim to get a strength workout in 3-4 times a week.

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HOW TO GET MORE FLEXIBLE

Probably the single biggest limiting factor for me as a new porn star was my flexibility. It may not look like it when you're watching porn, but most conventional sex positions (e.g. missionary and doggystyle) actually require you to be quite flexible in the hip-flexors and groin area. The reason for this is that you have to be able to fuck in these positions without blocking the camera's view of the penetration.

So for example in missionary that means getting your legs wide apart, rotating your hips out whilst getting them as low as you can so that the camera can see everything. All this has to be done while maintaining a full erection, which if you are not very flexible is extremely difficult. After you've got a few scenes under your belt you begin to notice which positions and angles are more difficult for you and make you cramp up or put your body in an uncomfortable position.

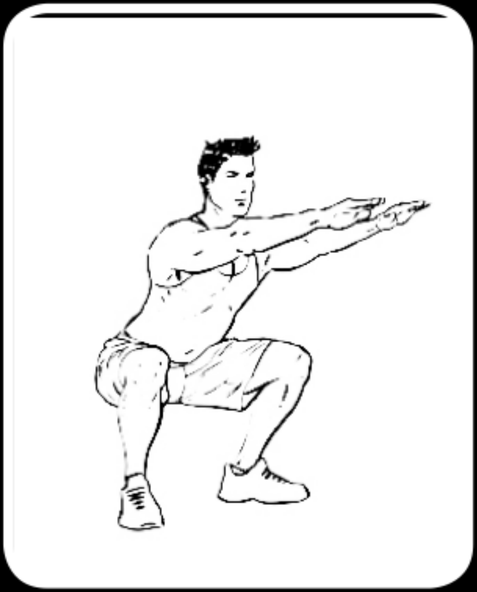
Use this as a guide to help figure out which areas of your body need to be stretched and improved in terms of flexibility. You can practice this at home with your partner in front of a stationary camera.

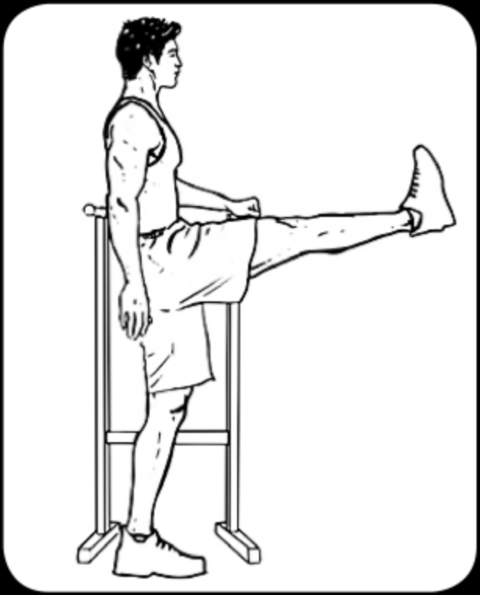
Fucking to a stationary camera that's 6-8ft away from you in a way that shows not only all of your bodies, but also all the penetration is quite challenging.

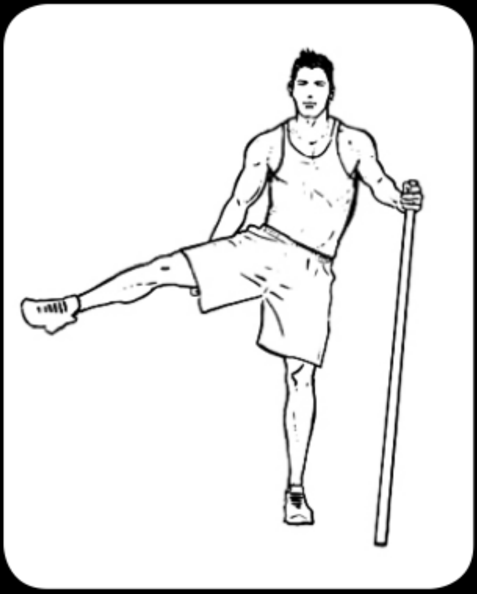
Here are a few things that you can do to improve your flexibility over time if you plan to be fucking on camera;

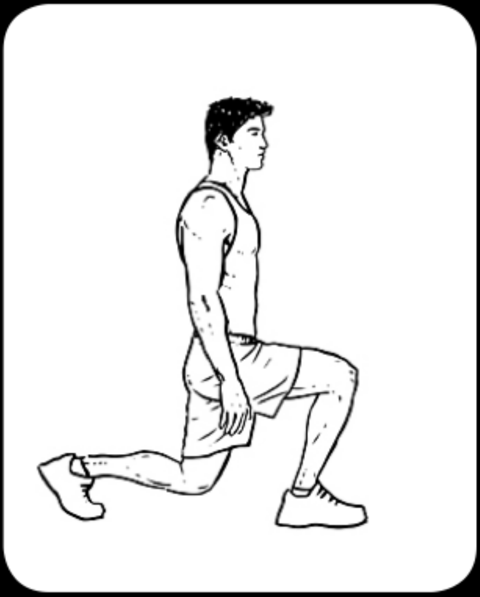
YOGA - At least 2-3 times a week you want to be doing some kind of Yoga to help increase your range of flexibility and your core strength. Becoming more comfortable holding uncomfortable positions for long periods of time is vital to fucking on camera. I recommend either Yin Yoga or some kind of Hot Yoga, both are great for helping the muscles to relax and stretch out more than you're used to.

ACTIVE STRETCHING – Before a scene I'll do some active stretches to make sure all the right muscles are warmed up and feeling loose. Things like air squats, front leg swings, side leg swings and lunges are all great ways of ensuring your body isn't stiff and restricted before shooting a scene.









I would also recommend using the mobilization exercises in the book Becoming a Supple Leopard – Kelly Starret as a good guide to loosening up any stiff parts of your body.

CHAPTER SUMMARY: BUILDING A PORNSTAR BODY

HOW TO GET RIPPED

- Remove high glycemic index carbohydrates from your diet
- Eat grass-fed or wild caught meats and fish
- Eat healthy fats
- Eat vegetables and leafy greens

HOW TO GET FITTER

- High Intensity Interval Training 3x/week
- Sprint Exercises 3x/week

HOW TO GET STRONGER

- Do a 5x5 Lifting Regime
- Download the StrongLifts App

HOW TO GET MORE FLEXIBLE

- Yoga 3x/week
- Active Stretching before exercises

FUCKING
LIKE
A PORNSTAR

Truth be told there is a difference between being a good fuck and fucking well on camera. The later is for the enjoyment of the viewer primarily and for the enjoyment of the woman secondarily. What I'm going to focus on here is the former, being good in bed and getting women off.

Confidence in the bedroom is an absolute panty soaker, and having a few tricks up your sleeve is a great way of building your swagger in the sack.

The first rule of fucking is, take control. Women want you to lead them through the sexual experience, they want a man who is dominant, who knows what he wants and who takes it. A woman wants to feel like she is being ravaged with passion, she wants to feel like she is bringing out this uncontrollable lust in you, she wants to let go and submit to you.

The second rule of fucking is, if a woman tells you she's going to cum then you keep doing exactly what you are doing at the exact same pace and intensity until she cums, don't change a god damn thing.

Fucking with passion, intensity and dominance is the foundation for being great in bed. But the techniques I'm going to teach you below will help you stand out from other guys and have her coming back for more.

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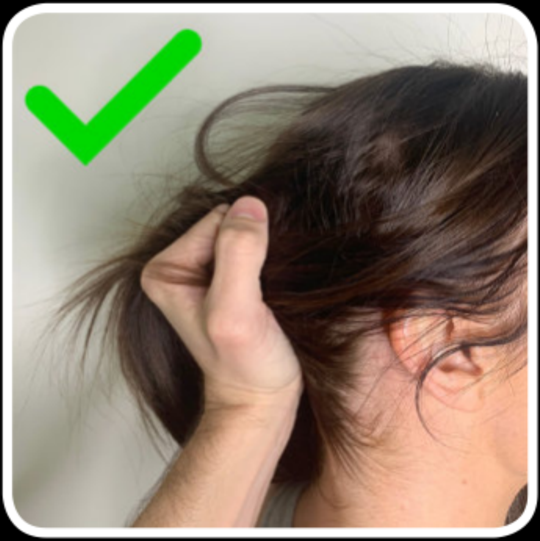
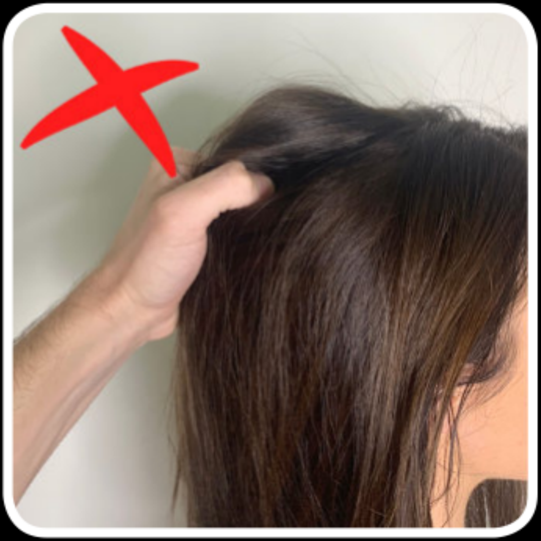
PUSHING HER BUTTONS

The build up to sex and the things you throw in during sex are what separate you from other guys in the bedroom. Knowing how to push women's buttons sexually communicates that you're not only a guy who fucks, but you're a guy who fucks well, it conveys experience and confidence. Most girls respond well to the things I'm going to outline below, but still be aware of her body language and any feedback she is giving you that could indicate she's not comfortable.

Pulling hair – There is a correct way to do this, but a lot of guys fuck this up by just grabbing at any old clump of hair and hurting their partner. If you do it right you'll have her eyes rolling into the back of her head begging for more.

Slide your hand up the back of her neck and grab her hair at the base right where it connects to the skull. The reason this sends a pleasurable sensation down the girls spine goes back to our evolutionary history. Look at how cats and dogs pick up their pups by the scruff of the neck, look at how lions bite the back of the lionesses neck when they fuck them, we all evolved from mammals and although our mothers don't grab up like this anymore as humans the biological hardware is still programmed into us to go limp and submit when grabbed by the back of the neck properly. If she has particularly long hair, you can also bunch all of her hair into a long strand and wrap it around your hand and wrist and then pull as you're fucking her from behind, it will pull evenly and trigger a similar sensation at the back of her neck if you do it right.





Spanking – How rough your partner likes their sex will dictate the force with which you'll end up spanking her. It's always a good idea to subtly warm up her ass cheeks before you lay down the law with some hard and fast smacks. Some light cupped palm smacks all around the buttocks and back of the thighs will bring blood into the area and warm it up before you move into stronger harder spanking.

Also it's a good practice to spank in different spots with each smack, don't focus all your hits in the same place otherwise it will get red quite quickly and possibly bruise, you want to avoid bruising her unless she's specifically into that. If you're spanking her while fucking her it's a good idea to get into a rhythm with it so as she feels you thrust she gets the sensation of a spank at the same time. If you're doing over the knee spanking one thing I like to do is find something to punish her for and then make her count to 10 or 20 or however many spanks I've decided to give her. Making her count out loud each time you spank her builds up anticipation which you can then play around with by making her wait longer between spanks and by changing up the timing between spanks.

These images are taken from a Naughty America scene with Kate Kennedy. This happens at around the 8min mark in the trailer.

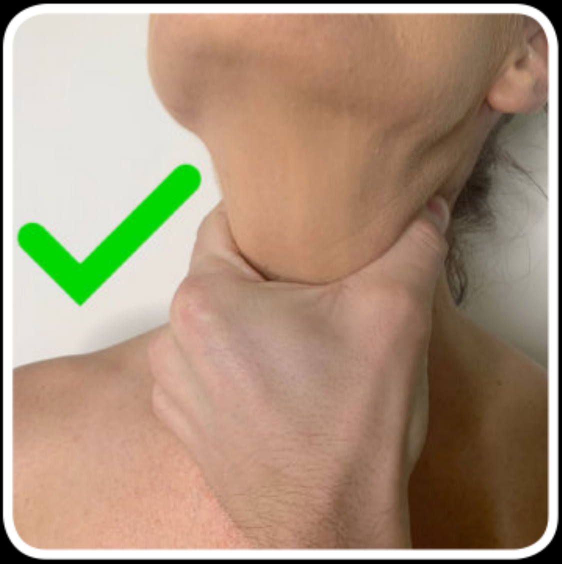
TONIGHT'S GIRLFRIEND.COM

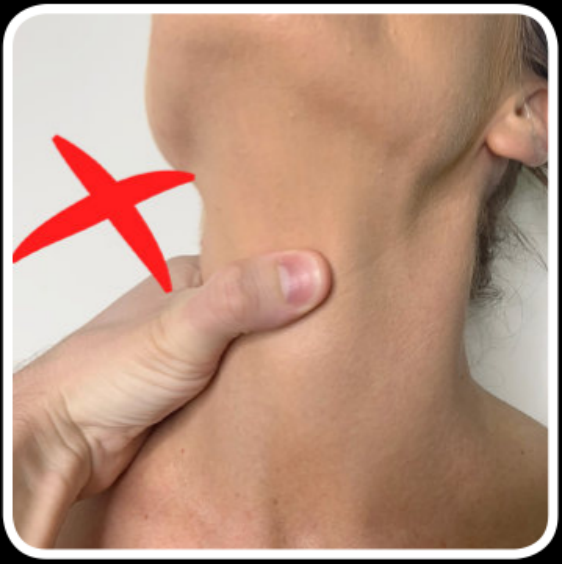
TONIGHT'S GIRLFRIEND.COM

Squeezing her tits – Use this with caution as some girls don't like this kind of rough play done to their breasts at all, but those who are into it ARE REALLY INTO IT. Grab her tits in a way such that her nipple is centered in the palm of your hand and then squeeze through the breast bringing your first knuckles and the palm of your thumb together behind her nipple. If you grip onto a girls tits like this and squeeze during missionary or cowgirl position, using it as kind of a handle to fuck her with, you'll see the look of intense pleasure and submission that comes over her face during it. This really only works on girls with medium sized natural tits, you can't do it on girls that have no tits to squeeze at all and girls with huge natural tits are too big to really squeeze through them and get the kind of grip I'm talking about. DO NOT do this on girls with fake tits because it will hurt them due to their implant and you may even cause damage to her implant if you do it with too much force.

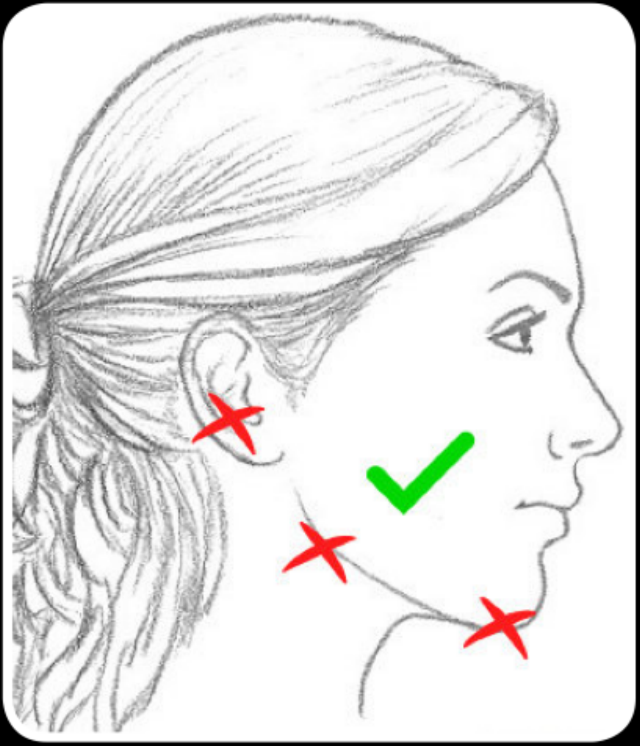
To see exactly what I'm talking about visit www.stirlingcooper.com/titsqueeze

Choking – Not every girl is into this so make damn sure you aren't going to freak her out and have her accuse you of sexual assault because you crossed one of her boundaries. A good way to test to see if a girl is into choking is while you're in missionary position just rest your hand at bottom of her neck such that if you squeezed you'd then be choking her, if she grabs your hand and moves it then it means she is not into choking so move onto something else, BUT if her eyes light up when you put your hand there or if she places her hand on top of yours and leaves it there it's a good sign she wants you to choke her. The key to proper sexual choking is to squeeze the sides of the neck to restrict blood flow and cause a light headed sensation for her, you don't want to be squeezing down and crushing the windpipe which will restrict oxygen.





Slapping – Again not every girl is going to be into this, in fact only a small subset of women are into this, but for those girls who are into it it's a way for them to submit and get into this head space they like being in while getting fucked. This is something I will straight up ask a girl if she likes during sex, I will never assume she's into this because if you're wrong you are taking a trip straight to sexual assault town – population you. If she is into it then start off with some light successive taps on her face, building up the strength a little with each tap. Then you can grab her by the back of the hair, like I explained previously, stare her right in the eyes and give her a good strong slap as you keep fucking her. Spread them apart, give enough time between slaps for her to refocus eye contact with you and get over the euphoria of the slap before giving her another one.



Focus on hitting the cheek, be very careful not to hit her ears or her jaw, as this will cause tremendous pain (not the erotic kind) and discomfort, possibly even injury depending on how rough you are being. You can also apply this same slapping technique to her tits and to her pussy, directly on her clitoris. Again make sure she is comfortable with these progressions first before you do them.

Restricting her movement – A way of expressing dominance in the bedroom is to control her movements, not only by moving her around, throwing her onto the bed, pushing her face into the pillow etc but also by restricting her movement in certain ways. For example you can pin both of her hands folded behind her back while you're fucking her in doggy, hold both her of arms together above her head when she is in missionary or pin her hands to her ass cheeks while she is riding you in cowgirl. You can also incorporate things like rope, belts and handcuffs to restrict parts of her body while you are fucking her, this is where you start to venture into the realm of BDSM, which if you find is your cup of tea can be a sexual journey in unto itself.

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GIVING A GIRL AN ORGASM FROM PENETRATION

Giving a woman an orgasm from penetration is generally a lot more down to the individual woman herself, some women are able to orgasm from penetration very easily, some will orgasm if you hit the right spot in the right position and others struggle to orgasm this way.

If a girl has a preference for a certain sex position it's generally because that's how she cums the easiest. There is however one way I've found to give most women a g-spot orgasm from penetration, and that's through a vigorous version of the cowgirl position.

Normally when you see a woman fucking in cowgirl position she is bobbing up and down on the dick or the guy is thrusting up and down into her. This is great and for some women this is enough to make them orgasm, but there is a way to vary this position to hit the g-spot every time.

Grab onto her thighs when she is on top of you and slide her back and forth on your dick rather than up and down, this is particularly effective if your dick naturally points upwards. What this does is it causes the tip of your dick to slam into her g-spot again and again as well as causing her clit to rub on your pubic area, do this at high intensity for a few minutes and you'll get a front row seat of her head exploding with pleasure as you force her uncontrollably into a climax.

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HOW TO FUCK A GIRL IN THE ASS

Performing hassle free, enjoyable anal sex requires preparation on the girls part. She shouldn't eat about 12hrs before you go for the butt hole and if she has an anal douche or enema she should clean out her butt hole with it a few times and then fuck her ass with a clear dildo to see if any brown stuff comes out. If the coast is clear then you'll have no evacuation problems while fucking and it'll be a lot more enjoyable for everyone. Of course some girls don't have to prepare for anal at all and the girls who do it frequently don't even need to warm up and can just take a dick right in there but those girls are few and far between, even in the porn industry.

In your role as the anal sex penetrator you're going to need 3 things; lubricant, patience and a rock hard dick. When we do anal sex on camera a lot of the time we will prep the girl before we start filming anal sex, which means you'll stretch her asshole out off camera first so that she can take your dick more comfortably on camera, it makes for a much easier and more enjoyable anal scene for everyone involved.

A well lubed up asshole is the key to good anal sex, apply it all over your dick, on the outside of her asshole and put some on your finger and apply some on the inside of her ass as well (as long as she's comfortable with this, some girls really hate the feeling of a finger in their ass but are fine with a penis in it). I personally recommend Pjur Silicone Lubricant I've used many different brands of lube in my career and many of my co-stars agree this is hands down the best one by far, especially for anal sex.

Once everything is lubed up you want to get your dick rock hard, I've heard from performers in the past that if the dick is only semi hard it's actually painful and it's far more comfortable and enjoyable if the dick is rock hard, plus this will help stretch her butt hole out more easily. Then you're going to be patient, you're not going to just ram it in all the way to the balls on the first stroke, you want to slowly put the tip of your penis in and let her take a few breaths and get used to it, she will let you know how slow to go so listen to her and take your time if she needs it. I like to find the thickest part of my dick and slide it in to that point and then stay there as she adjust to it and her asshole relaxes, once she is relaxed and comfortable her asshole won't be clenching down around your shaft so much and it'll make sex much easier and more enjoyable.

Once her asshole has relaxed start off slowly and build up your pace, letting her ass get used to full length strokes as you increase your speed, eventually you can go at a really fast pace and full length strokes if you want to when her ass has opened up and relaxed fully. For some girls they get into a certain head space where they submit and really get into the intense sensation of hard anal fucking. Other women like the sensation of the head going in and out of the entrance and not so much the sensation of full deep penetration, so read her body language and listen to her while you're fucking so you can gauge what she's more into and then both of you can have a really enjoyable time.

For a lot of girls their first anal experience was terrible, the dude didn't lube up and he just shoved it in there with reckless abandon at full pace to start with, so if you bring up anal sex with a girl a lot of the time they will tell you they tried it and didn't enjoy it. So it's your job to provide her with an enjoyable anal experience and show her that it can be a really pleasurable sex act for her. Once girls have had some experience with anal sex and are relaxed enough to enjoy it they can start to experience anal orgasms which will open up a whole new world for her. What you can do to help facilitate this is rubbing her clitoris while you're fucking her in the ass, or use a Hitachi vibrator wand on her clit while you're fucking her. This helps a lot of women to relax and really get into anal sex and if you're good at it, applying this sensation to her clitoris will also make her orgasm during anal sex. It won't be an "anal orgasm" strictly but it'll be a clitoral orgasm that she has during anal sex, what this does is it helps her brain to associate pleasure with anal sex and she'll start to feel more pleasurable sensations from the anal sex itself. There are a lot of nerve endings down there and they are in close proximity to her vagina so anal penetration can in time cause it's own separate form of orgasm without any vaginal or clitoral stimulation at all, but it takes time and positive association.

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HOW TO GO DOWN ON A GIRL

One of the problems with porn sex is that they don't like to see you eat pussy, by that I mean they don't like to see you eat pussy properly.

What they want to see is five minutes of you with your head on her thigh and an outstretched tongue flicking at her clitoris as she writhes around pretending like it's getting her off. That's not how you go down on a girl properly, any lesbian will tell you that. With porn sex it's all about seeing the vagina, so the way to eat pussy on camera is to open up her vagina to the camera stick your tongue out and flick at it convincingly, not much to it. The hard part is to find a way to do that and actually get your scene partner off at the same time, now that requires some skill.

I've always enjoyed eating pussy and have always been very enthusiastic about it, which is a great starting point, but I wasn't always good at it. Now I'm fantastic at it, and long before I got into porn I gave multiple women their first ever orgasm from cunnilingus. So I have a thing or two to teach you on the topic. I learned how to eat pussy properly in my mid-twenties, and over a couple years I refined my technique to the point where I could get pretty much any woman off with my tongue given enough time.

The foolproof way of getting a woman off by going down on her is to tease an orgasm out of her. This means that although you might be enthusiastic and raring to go you're going to have to slow things down and take your time. Being patient is a massive game changer, because not only does it allow you to effectively tease an orgasm out of her, it also takes the pressure off her. A lot of women (porn stars are excluded from this rule) can't orgasm under pressure, if you tell them you want them to cum it will psych them out and they won't be able to do it, especially if you're coming across as impatient and trying too hard.

Getting a woman to relax goes a long way to helping her orgasm, so not rushing her or putting her under pressure to orgasm is one way to help her relax. Another way is to lead the entire situation, women want to be led, not only do they get wet when a man takes charge they relax when a man takes charge because there is no pressure on them to be decisive or make decisions or have responsibility for a situation.

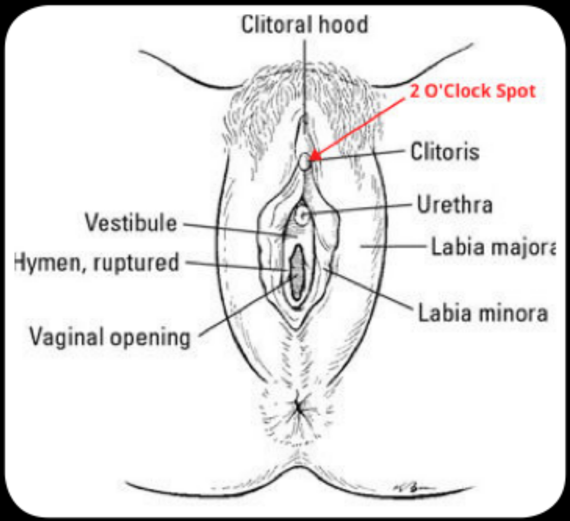
So the frame you're going to come from when eating her pussy is "I'm doing this because I enjoy it, you're just along for the ride", you never want to come across like you're trying to impress her or that you're doing this to make her like you, nothing will dry up a pussy faster than that.

So without further ado here is how to eat pussy like a mother fucking champion;

- Start off with a bit of foreplay, kissing and biting her neck, making out with her, whispering dirty things into her ear, making her beg for you to touch her pussy whilst making sure you don't touch her pussy at all just yet.
- Make your way down to her pussy then start off by kissing your way up her legs and to her inner thighs, going nice and slowly. Don't touch the pussy yet, remember this is all about teasing her into an orgasm.
- When you get to the pussy, keep her panties on and wrap your mouth around the outside of her pussy lips and clitoris and breathe a long slow warm breath onto her pussy through her panties. We're just warming her up here, getting her juices flowing in anticipation.
- Slowly peel off her panties and then start by slowly and gently licking and sucking on her inner and outer labia, not paying any attention to the clitoris yet.
- Stick your tongue in as deep as you can go at the bottom of her vagina and flick down until your tongue pops out the bottom, applying pressure to the bottom vaginal wall between the vagina and the anus. At this point she should be nice and wet and dying to have you lick her clitoris.
- Now it's time to move onto her clitoris, place your palm on her pubic area and use your thumb to pull up on her clitoral hood, exposing her clitoris. Remember to lick very slowly and very softly to begin with, use only as much pressure as you would need to feel through a piece of paper.
- If you are looking straight at her vagina with the middle of the clitoris at the 12 o'clock position, the sweet spot you want to concentrate on is located between 1-2pm on the clitoris. This is the spot that most women find the most sensitive and pleasurable. It's

been scientifically studied and through my own personal research I can verify this to be true.

- Now it's time to get her involved, start off at a slow gentle rhythm and after a little time, look up at her and tell her "I want you to use 4 words to guide me, Harder, Softer, Faster or Slower". You're teaching her how to communicate to you what she enjoys. Most guys just say "do you like that" or "does that feel good" which is too vague and also stops her from giving you proper feedback because she doesn't want to offend your ego by saying "no it doesn't" or "please change what you're doing". By telling her to give you clear directions like harder, softer, faster, slower it allows you to fine tune your rhythm to bring her to climax.
- Focus on licking the 1-2pm position on the clitoris with your tongue, slowly and gently at first and then changing pressure and speed as she gives your feedback. Most of the time she'll want you to start going harder and faster, which you can gradually build up, don't just slam into top gear, work your way there.



- Once you're going a bit faster and harder with your tongue you can start to incorporate some finger play and see how she likes it. Suck on your index and middle fingers to lube them up and then slide them into her pussy with your palm facing towards you. Feel for the g-spot, which is a spongy wrinkly mound of flesh on the inside of her front vaginal wall, and apply pressure with your two fingers in a "come hither" motion. Do this simultaneously as you continue to lick her clitoris. You'll be able to tell straight away if she enjoys this sensation (most women do), and so try to match the speed and intensity of your fingers with that of your tongue, as one speeds up so does the other.

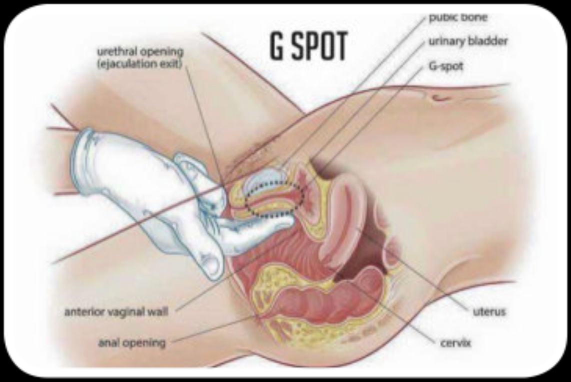
- Pay attention to her breathing and body language, these will give you signals that let you know if she is approaching her orgasm. This is where having one hand on her pubic area comes in handy because you can feel her breathing change through her diaphragm and you can feel her body starting to shake and quiver. Every woman's orgasm is different, but some early warning signs to look out for are her holding her breath for longer, her breathing in and out quickly, wincing and moaning noises, thighs quivering uncontrollably and her gyrating her pelvis into your face to apply more pressure to her clitoris.
- Remember to be patient, especially if she's never had an orgasm from cunnilingus before, and just keep doing what you're doing. Eventually she will orgasm if you give her enough time. I've gone down on women for forty-five minutes to give them their first cunnilingus orgasm, so don't think it's not working if it's taking a while, there's no rush.
- Lastly, if you hear her say things like "don't stop", "keep doing that", "I'm almost there", "I'm gonna cum" for the love of god DO NOT change what you are doing, keep the exact same speed and the exact same pressure going. If you change things up when she's approaching orgasm you can throw her off and you'll have to start all over again.

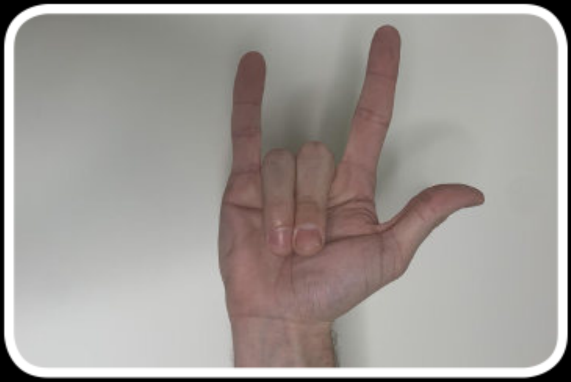
Practice what I just described and before you know it you'll be a world class pussy eater, and believe me when I tell you this feels like having a superpower. Knowing you have the ability to make any woman cum with your tongue is a pretty massive confidence booster.

HOW TO MAKE A GIRL SQUIRT

I'm going to let you in on a little secret, squirting is real but porn squirting is just piss. Some women can actually squirt, which is a secretion of fluid similar to that of male ejaculate without the semen that is produced by the Skene's gland. Real squirting is not some giant explosion or fountain like you see in porn, it's a little squirt of fluid or just an oozing of fluid in some cases. In porn sometimes you will actually see real squirt, but usually it's not during a squirting scene and it just happens organically because the guys hitting the right spot on the inside of her pussy. In "squirting porn" the girls drink large quantities of water so that their pee is crystal clear and they just shoot out their piss at the right moment during filming.

Now if you want to learn how to make a girl squirt for real, and make it easier for her to fake squirt as well, it's actually quite simple. Lay the woman on her back so she's nice and comfortable and then make the roll and roll devil's horns symbol with your hand and take those two middle finger (between your pinky and index fingers) slide them inside the vagina with your palm facing up and press those fingers against her g-spot, it's the spongy wrinkly feeling mound located on the inside of her front vaginal wall.





Then once you are pressing against her g-spot you're going to use a "come hither" motion with your fingers to start massaging it, start off like this slowly building up the intensity as she gets more and more into it. Then eventually you are going to build up the intensity to the point where you are going to use an up and down motion of your arm and press on the g-spot with hard fast strokes, this is where forearm strength and muscular endurance comes in handy. If you keep up this intense pounding on the g-spot long enough eventually she will succumb to the sensation and squirt. Now not every girl will squirt the first time you do this to her, some will take a few sessions to eventually relax enough to allow themselves to squirt. Most girls will hold back the sensation because they feel as though they are going to piss themselves and don't want to get embarrassed. It's your job to assure her that it'll be fine, you won't judge her for it and it will feel great. When a woman squirts it's a completely different sensation to other types of orgasm, so again you're opening up a new world of sexual experiences for her by introducing this. The key here is getting her to relax, unless she relaxes lets go and gives in to the sensation she won't squirt.

CHAPTER SUMMARY: FUCKING LIKE A PORNSTAR

PUSHING HER BUTTONS

- Pull her hair
- Spank her
- Squeeze through her tits
- Choking
- Slapping
- Restrict her movement

GIVING A GIRL AN ORGASM FROM PENETRATION

- In Cowgirl but slide her back and forth so the penis hits her g-spot

HOW TO FUCK A GIRL IN THE ASS

- Use lubricant
- Go slow and be patient enough to let her asshole relax
- Make sure your dick is rock hard

HOW TO GO DOWN ON A GIRL

- Start slowly and gently, enough pressure to just feel through a piece of paper
- Focus on the 1-2pm position on her clitoris
- Press on her g-spot with your fingers
- Build up your intensity slowly, tease her into an orgasm
- Get her to guide you with "Harder, Softer, Faster, Slower"

HOW TO MAKE A GIRL SQUIRT

- Press against her g-spot with your two middle fingers with hard fast strokes

THE MIND OF A PORN STAR

Without a doubt this is the one thing that separates the average guy from a male porn star. A male porn star has to have the ability to get into the right mental state when the camera is rolling in order to perform. Most guys think that they could be a male porn star but when they finally get their chance to perform for the camera, in front of a director and film crew, they let their anxiety and fear take hold of them. They look like a deer in headlights with a flaccid dick in their hand. It doesn't matter how young, fit and virile you are, if you don't have the right mental state then you will flop on camera.

I know what I'm talking about because I've seen it time and time again as a co-star alongside new male talent and I've even been the male talent that has flopped and couldn't get his dick hard on more than one occasion early on in my career.

So I have an intimate understanding of this problem and how to fix it. Nothing will take the wind out of your sails, nothing will absolutely destroy your ego, your swagger and confidence quite like having a limp penis in front of a room full of strangers and a beautiful woman.

Male porn stars are uniquely skilled to talk about erectile dysfunction, particularly the mental side of it, because we've all experienced it and come out the other side victorious over it. Those who couldn't don't end up making it in this industry. Basically every male porn star you have ever seen, at some point in his career, usually early on in his career, has had a day when he has flopped, when he was unable to get an erection no matter what he did. Because for whatever reason, he let his mind control him, instead of finding a way to control his mind.

Fucking on camera is not like having sex at home let's make that perfectly clear. There is a lot of stopping and starting, it's extremely vigorous and physically demanding, it's quite often uncomfortable and not that pleasurable at times and you have a director telling you what to do and when to do it. How you feel physically is irrelevant to the director, he/she has specific shots they need to get and it doesn't matter if you enjoy those positions or not, you have to stay hard while doing them and opening up to the camera.

Fucking on camera is a bit of a mental paradox, because in the back of your mind you need to be aware at all times of:

- where the camera is and what angle it's shooting at so you don't block the shot
- where the lights are positioned and make sure you aren't casting a shadow on the pussy/asshole
- how much time has elapsed on each position so that you know when to move on to the next sex position
- what sex positions you've already done and what positions you still need to do before the cumshot

But at the same time you want to fuck as though you two are the only people in the room and you want to be out of your logical head space.

So how the hell do you do that!? Well, first off you need to understand exactly what the best mental state for performing is, and secondly you want to practice ways of getting into that mental state.

* * *

THE 3 ELEMENTS OF A PORNSTAR MINDSET

1) Being present in the moment – This is a concept you'll be familiar with if you practice meditation at all or if you've ever read "The Power of Now" - Eckhart Tolle. A lot of our fears, worries and anxieties come from not being in the present moment, they come from thinking about the future and "what may come to pass". When you really think about it, the only moment that ever exists is "now". The past and the future are both things we make up in our own minds. It can take quite a while for a very logical person to wrap their head around the concept of being in the present moment so the best way I've heard it explained is thus:

Have you ever had a moment, perhaps with a friend or loved one, where the two of you were talking or enjoying an activity and you weren't thinking about anything at all. You weren't thinking about what to say, you weren't thinking about what you'll do next or what you're going to have for dinner that night or how they think of you or any past experiences that led up to that moment. You simply were there, engaging with what's right in front of you, not thinking. That's being present in the moment.

Certain activities force you to be in this state of mind, for example riding a motorbike at full speed or skydiving, you don't have time to think about what your boss thinks of you when your body needs all of its focus and attention right here in the now. These are extreme examples, but sometimes we don't ever experience what it means to be truly present unless we force ourselves into that state of mind. When you are truly present in the moment you are immune to the thoughts that would otherwise kill your erection.

2) Eliminating the fight or flight response – There are certain things that the body prioritizes over others. Sex is usually at the top of that list of priorities for our body, as any man who has foregone sleep or skipped a meal in order to get laid will attest to. Miraculously your drowsiness or hunger immediately seems to disappear when there is a woman prostrating herself in front of you. But one thing your body ranks as a higher priority than sex is survival. If you're about to get eaten by a lion or clubbed over the head by a rival then pumping all your blood into your penis to maintain an erection is no longer a priority for your body. The fight or flight response is an evolved response to danger in order to ensure our survival, all resources are redirected towards putting up a fight or running away, adrenaline is pumped through your body, blood rushes to your arms and legs and your whole body tenses up in preparation for defending yourself - not very conducive to getting a boner. This is the cause of most "wood" problems on set for male performers, they let the fight or flight response kick in and it causes them to be physically incapable of getting a boner until it has dissipated. Our body reacts the same way to an actual threat, like a lion, as it does to a perceived and general threat like social anxiety or fear of failure, which is what triggers the fight or flight response when you step onto a porn set. So the fight or flight response must be either avoided entirely, or suppressed if we happen to trigger it, in order to maintain our proper mental state for having sex on camera.

3) Being sexually aroused – This is the most obvious element of the porn star mindset, if you want to get a boner you're going to have to be in the mood for sex. There is something about the feeling of being horny that is liberating to the mind and because of this the 3 elements of the porn star mindset all help one another. So as you get more sexually aroused you'll find it's easier to be present in the moment, and as you are more present and in the moment you'll find the fight or flight response is switched off, so a positive feedback loop is formed. Turning on this state of arousal at will is a skill you have to train, you have to be able to find something attractive about every and any woman.

The fact is, not every girl you get cast with in porn is going to be "your type", so no matter who the girl is you're going to have to find something sexually arousing about her, be it something about her body that turns you on or something about her personality. For me there are a lot of different things that I can latch onto mentally and focus on to keep me in that excited state of arousal. Once I'm in that mental state and I've found that thing to focus on I just keep playing it over and over again in my head to keep me in that sexually aroused state of mind.

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TOOLS FOR ACHIEVING THE PORN STAR MINDSET

Here are a few of the different techniques and tools that myself and others use to trigger the 3 elements of the Porn Star Mindset. These can be used before you get your dick out to make sure it's rock hard and ready to go or you can use them in the middle of a scene as a booster if you find yourself calming down and getting less excited. You'll notice that I don't like to rely on my co-star doing something to me, I'm responsible for getting myself turned on so I actively do things that achieve that. The reason for this is quite simple, if your co-star is not into you she won't do anything to help you get an erection, it's entirely up to you to do this so it's good practice to never depend on your co-star to get you hard. Guys who rely on their co-star too much also end up getting a bad reputation as performers and this can impact your ability to get hired.

Focusing on a part of her body – Find something about her body that turns you on and focus on that, ignoring any other parts of her body that you might find boring or unattractive. For me I'll focus on things like the size and curve of her ass, the thickness of her thighs, the cleavage between the top of her thighs and her hips when she sits down, the curve and sag of her tits, her eyes, her butt hole, her petite tiny frame. I can use a variety of different things to trigger a dirty perverted thought loop in my head. For example if I'm focusing on her butt hole I'll imagine her saying things like "Please fuck my tight little asshole daddy, I want your big fat cock to stretch out my slutty asshole, I love getting my ass filled up by you daddy". Then I can run that on loop again and again in my head to keep me excited and in a heightened state of sexual arousal.

Focusing on a part of her personality – This is incredibly easy to do if you two have genuine chemistry together, there's going to something about the way she talks, the way she laughs, the way she smiles or the way she looks at you that just drives you wild. While you're fucking her you can just whisper into her ear "Keep smiling at me" or "Keep giggling while I'm fucking you" to keep that trigger going and maintaining your state of arousal.

Smelling the back of her neck – This is a technique that myself and a lot of other male porn stars use to get ourselves aroused, by smelling the back of her neck we are breathing in a lot of female pheromones and thus triggering a physiological response. I'll usually do this before we even start filming or photographing any of the sex in a scene to get my brain chemistry fired up and to tease/edge myself a little bit with excitement. The porn star Michael Vegas will even go as far as to smell a woman's armpit in order to cause him to cum on command, there is erectile tissue in the nose that expands when you are aroused, so by overloading it with a dose of female pheromones from her armpit he causes himself to lose control and orgasm.(32)

Grinding against her – I'll usually do this from behind at the same time as I'm smelling the back of her neck, I'll just grind my crotch into her booty to start the blood flow going to my dick and to create a nice sensation down there which will in turn trigger my sexual arousal.

Smelling and eating her pussy – I genuinely love the taste of pussy and I love getting a woman off, so if I have the opportunity to eat her out and turn her on I do it. I also like to smell the pubic mound just above her clit, where a lot of women like to grow a landing strip of pubic hair, this gives me a nice dose of female pheromones to get my brain chemistry fired up and thinking horny thoughts.

Hate Fuck – If you find the girl annoying and a bit of a bitch then get yourself into a mental state where you get off on the idea of hate fucking her, it's like you're teaching her a lesson with your penis for being such a stuck up bitch. Channel the anger into being more passionate and rough (making sure you don't cross any of her boundaries of course). Think of it as a righteous retribution fuck on the hot girl in high school who ignored you and wouldn't give you the time of day. You're showing her what she missed out on and what her stuck up bitchy pussy doesn't deserve.

Swingers Clubs – This is basically the only place where you can experience a situation even remotely similar to a porn set. It's kind of a low pressure training ground that will teach you to be comfortable fucking in front of a room full of strangers. I was in the swinging scene for a couple years before I started my porn career and I chalk up a lot of my success in porn to the experience I gained fucking in front of groups of people at swingers clubs and parties. If you want to learn to be comfortable being naked around strangers, fucking in front of strangers and learning how to block out distractions and focus only on the woman in front of you, then I highly recommend going to swingers clubs and parties. It's also good for training yourself to get off on the idea of being an exhibitionist and putting on a sex show for others.

Think of her as a filthy slut – When you get to know a lot of the women in porn you'll realize that they are quite lovely, sometimes very nerdy, and often just like to snuggle up on a couch watching TV rather than doing crazy orgies. But when you're friends with these girls it isn't that helpful to think of them as the lovely people they really are. So instead I create this filthy slutty personality for her in my head and imagine how much she loves being a total slut and getting covered in cum. For the next few hours she is not the friendly nerdy girl I know, but instead she is a filthy insatiable cum slut who wants nothing more than to drain my balls all over her face.

Imagine she is a swinger – I started my kinky sexual journey in the swinging scene, so I get off on the memory of swingers parties back in the day. Sometimes I'll imagine that we are at a swingers party and she is there with her husband and all the cast and crew are really just people at a swingers party watching us put on a show, as an exhibitionist I really get off on the idea of showing off sexually to a room full of other women.

Meditation – If you want to learn to be more present in the moment then daily meditation is the way to go. If there is one technique that is common among a lot of male porn stars (and among successful people in general) it's this, a lot of them meditate regularly. It doesn't have to be a marathon session or anything, just something as simple as 5-10mins a day can have a profound effect on your ability to calm your mind and focus. I recommend using the Headspace app to get started.

ASMR – ASMR (autonomous sensory meridian response) describes a feeling of euphoric tingling and relaxation that can come over someone when he or she watches certain videos or hears certain sounds. For example when I watch chiropractors cracking peoples backs it has a profoundly relaxing effect on me. Finding an ASMR trigger for yourself can be a very quick and easy way of turning off your fight or flight response.

Calm Anti-Stress Magnesium Drink – This is a powdered magnesium supplement that you simply mix with water and drink. Magnesium is a natural muscle relaxer, which immensely helps with anxiety. It's a nervous system relaxant and mineral that assists with fear, irritability, and restlessness. The porn star Robby Echo who uses it before his scenes introduced me to this supplement and I've used it with great success. Take 1 teaspoon (2g) a day.

Cold Showers – Starting the day with an ice-cold shower before you head to set is a fantastic way to force your mind into the present moment. It's hard to get lost in your thoughts when you're shivering your ass off and the euphoric rush you get after a cold shower has you feeling like a million dollars. Regular cold showers have a profound positive effect on your body, not only will they improve your mental state of mind but they also help improve your immune system, promote fat loss, help improve circulation, lowers your stress levels, increases your testosterone levels, reduces muscle soreness and give your skin and hair a healthy glow.(33)

4-7-8 Breathing Technique – Deep abdominal breathing exercises help to increase the supply of oxygen to the brain and also stimulate the parasympathetic nervous system, which promotes a state of calmness in the body. The 4-7-8 breathing technique can be used to reduce anxiety and help get yourself out of a state of fight or flight, or to prevent it from happening in the first place. Take a long slow breath in through your nose, first filing up your lower lungs next to your diaphragm and then filling up your upper lungs to the count of 4, then hold your breath for a count of 7 and then slowly exhale through pursed lips for the count of 8 as you relax the muscles in your face, jaw, shoulders and stomach.

Taking a deep breath in is actually linked to the sympathetic nervous system, which controls the fight-or-flight response. But exhaling is linked to the parasympathetic nervous system, which influences our body's ability to relax and calm down. When we are under pressure, thinking stressful thoughts, we make ourselves tighter and tenser by inhaling longer than we're exhaling. By lengthen the exhalation, in fact making it twice as long as the inhalation, we slow the heart rate, drop your blood pressure, and relax your muscles.(34)

Progressive muscle relaxation – This is a relaxation technique that focuses on tightening and then relaxing specific muscle groups in sequence to reduce anxiety and relax the whole body. Your mind and body are intimately connected to one another and are in a two-way cause-effect relationship. Your body responds to stress and anxiety with muscle tension, but when your body is physically relaxed you cannot feel anxious. With this technique you breathe in and tense the muscle group, holding the tension for a few seconds and then suddenly releasing it all at once.

You can do this technique at the same time as the 4-7-8 breathing technique to time the tensing and relaxing of the muscles in sync with the inhalations and relaxing exhalations. Once you're done with one muscle group move onto the next until you've covered your entire body from head to toe, taking a breath in between each muscle group as well. I like to start with my feet & calves, then move on to my thighs and buttocks, then my abdominal region, then my arms, hands and back then my neck, chest and shoulders.

Deep Tissue Massage / Myofascial Release – If you have access to a foam roller, lacrosse ball, golf ball or some such hard object you can lie on and apply pressure to your muscles with it can be really useful for helping your body to relax and eliminating muscular tension. In particular I like to do this to my middle and upper back region where I carry most of my muscular tension, and also to my buttocks and hip flexor region which is where I am most likely to get tight and cramp up during a vigorous scene. It can be a good idea to do this kind of muscle release before you shoot a scene so that you're less likely to tense up. I also noticed that when I first started shooting I would get a kind of nervous tension building up in my pubic area just below my abs, so I would lay on a lacrosse ball and massage that tension out of that part of my body and it would help to take away some of the nerves I'd get before shooting.

Stretching – Sex is a physically vigorous exercise - especially porn sex. So I like to do a combination of active and static stretching before a scene. In particular I'll do some static hip and thigh stretches followed by some active hamstring and hip stretches in the form of front and side leg swings. This keeps me limber and less likely to tense up in the middle of a scene.

Motion creates emotion – If you find yourself getting into an anxious state of mind, observe your body language. Are you hunched over? Are your eyes looking down at the floor? Are your arms tucked into your pockets or folded over your arms? As I said before, the mind and body are a two-way feedback loop, so you can trick your brain into breaking a bad mental state by rapidly changing body language. Jump up, yodel, beat your chest like a gorilla, walk around the room like Conor McGregor, do something totally different that'll not only snap you out of the bad state you're in, but also make you laugh and feel confident at the same time. Motion creates emotion, so if you want to change your mind you have to change your body - you cannot think your way out of anxiety.

Dirty talk to your co-star – I'll do this before the camera is even rolling as well as doing it during a scene. If my co-star and I are getting comfortable with one another and I'm confident I'm not going to creep her out by grinding up against her, I'll start whispering dirty talk into her ear as a way of getting MYSELF excited. Now this may seem like something

I would do to help get my scene partner in the mood but it's actually entirely for me. I found that the act of dirty talking to a woman gets me excited and fired up, so I now take advantage of that and do it proactively before a scene to keep myself in the zone mentally. It also has the nice side effect of getting my co-star wet and helping her to really be present and in the moment.

I'll throw out things like "This pussy belongs to me now", "I can't wait to stretch out that tight little hole of yours", "You gonna be a good girl and cum all over my nice fat cock", "You like being used for your holes like a nasty little slut don't you" and so on.

Getting into the characters that you and her are playing, believing her character – Sometimes I find myself being in too much of a professional mindset when we are filming, especially if it's a scripted scene where I have to remember lots of dialogue and actions over the course of the day. I'll stop thinking of my co-star as a sexual object, which is bad if you want to get aroused and maintain a boner. So instead a trick I'll use sometimes is to get into the fantasy that we are playing out, I'll fool myself into believing our characters, into believing that she really is the insatiable secretary who wants nothing more than for me to empty my balls inside her willing anus (or whatever the script may be). This also trains your brain to rely on your own perverted imagination to trigger your sexual arousal, rather than relying on something external from your co-star (e.g. her beauty, her charming personality, her sucking your dick the right way).

Body language anchoring – Anchoring is a hypnosis/NLP technique used to induce a desired frame of mind or emotion. It usually involves a touch, a word, or a gesture that is used to trigger or recall an emotional state. If you've ever heard of Pavlov's Dog or Pavlovian conditioning, then that's basically what we're trying to replicate, but with a boner. You want to find a certain motion, movement, stance, or physical trigger that helps to induce a state of horniness in you and then train that as a trigger to cause your boner. You can use this same principle to trigger relaxation or to trigger an orgasm, which are both extremely useful for our purposes. A great example of this is male porn star Mick Blue, everyone who has worked with him knows that he rubs his belly in preparation for his orgasm, every time without fail that is what he does, he has effectively anchored the sensation of rubbing his own belly to then cause himself to orgasm.

Having a routine – This ties in nicely with anchoring, but I like to have a routine that I follow every time I shoot. So before we go into shooting any of the sex stills or sex scene I will do the exact same thing every time in order to relax my mind and my body in preparation for getting a boner. I took this idea from basketball, which I've played all my life. You'll notice that every professional basketball player does the exact same free throw routine before they shoot their free throws, because that's how they do their free throws in practice. This does two things, firstly it's a physical routine to ensure they execute the movement consistently and secondly it's a mental anchor because when they shoot free throws at practice it's a relaxed no stress environment, so by repeating the same routine in the midst of a real live game they don't succumb to the stress of their environment but rather they are anchored back into a state of calm before they shoot their free throw. By having a routine that I do every time I'm on set I set myself up to be calm and relaxed before we go into shooting the sex scene.

CHAPTER SUMMARY: THE MIND OF A PORNSTAR

THE 3 ELEMENTS OF A PORNSTAR MINDSET

- Being present in the moment
- Eliminating the fight or flight response
- Being sexually aroused

TOOLS FOR ACHIEVING THE PORNSTAR MINDSET

- Focus on a part of her body
- Focus on a part of her personality
- Smell the back of her neck
- Grind against her
- Smell and taste her pussy
- Hate fuck
- Go to swingers clubs for practice
- Think of her as a filthy slut
- Meditation
- ASMR
- Calm Anti-Stress Magnesium Drink 1 teaspoon (2g)/day
- Cold Showers
- 4-7-8 Breathing Technique
- Progressive Muscle Relaxation
- Deep Tissue Massage
- Stretching
- Motion creates emotion
- Talk dirty to her
- Get into character
- Body language anchoring
- Have a routine

MORE TRICKS FOR GETTING YOUR BONER BACK

Sometimes in spite of all the mental tricks you use to maintain your state of arousal and remove anxiety you'll just have an off day, it happens to everyone so don't beat yourself up over it. But it's useful to have a couple of physical tricks in your back pocket in times of need to get the old sausage standing to attention again. Some of these may not work for you the same way they work for me, but it'll at least give you something to try and in time you'll find things that work best for you as well.

The Crank – If I find my penis has gone completely soft and there's little to no blood left in it then the crank is a good way of getting the blood flow back in there before I worry about getting aroused again, it's a jumping off point for then working yourself back into a full erection. Grab your dick by the head of the penis and crank your penis in slow circles going clockwise and then anticlockwise, by the time I've done 10 reps in each direction the blood has started to flow back in there and I'm ready to get my mind focused back on being aroused.

The Smack – This is a technique I'll use if I find my dick is at about 50-70% erection and I need it back at 100%. I'll grab my penis at the base and smack it into the open palm of my other hand, I find that this flicking and smacking motion seems to cause more blood to flow into the head of my penis thus bringing me back to a full erection. I'll also sneak this into a scene if I need to by telling the girl to stick her tongue out and smacking my dick onto her outstretched tongue, it looks cool on camera and it keeps my dick hard.

Getting Help – Ball Play – As I mentioned earlier I don't like to ask for help from my co-star but on occasion, if I know the girl is happy to help out then I'll ask her to give more attention to my balls. In particular I'll ask her to pop both of them in her mouth and suck on them hard while I stroke my dick, or if we are in doggystyle I'll ask her to stick her hand between her legs and play with my balls, this can get me off to the point of orgasm so it's a good way of getting my dick back to fully erect if I'm fading a bit and then I'll get her to stop before I get so excited that I cum. Now this isn't going to work for every guy because some guys don't like having their balls played with at all, I'm the complete opposite, the girl can pull, tug, suck, rub, squeeze and fondle my crown jewels as much as she likes, I absolutely love it.

Getting Help – Asshole Flash – I'm not going to lie, I'm a filthy perverted mother fucker. So much so that for some reason unknown to me I absolutely love the sight of a woman bending over grabbing her ass cheeks with both hands and spreading them open so I can see her asshole. There is something naughty and perverted and submissive and inviting all at once about it that drives me wild. A minute on my knees with my face in her ass usually does it and I'm back at 100%, I'll often use this as my go-to stimulus to get me ready to give a cumshot as well.

Getting Help – Nipple Sucking – This is one that's pretty common among guys. I'll get the girl to suck, lick and gently nibble on my nipples while I stroke my dick. The stimulation to my nipples will send a tingling feeling shooting through my body all the way to my penis and get me standing back to attention. Fun fact, everyone has one nipple that is more sensitive than the other, find out which one is yours and get her to focus on that one.

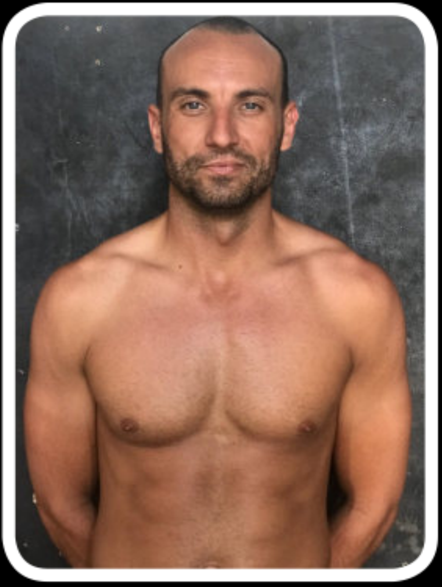
Go to Memory – Having a go-to kinky memory in the back of your mind to pull out when you need it is a really good tool to have in your tool kit. Especially if it's something completely unrelated to the scenario you are currently involved in, it'll trigger the novelty aspect of arousal in your brain so you can more easily go into an excited state of mind. For me I'll often recall a situation I was in during a swingers party, where a guy was sharing his wife with a room full of guys. The guys were only allowed to cum on her tits and body, not on her face, that was reserved for the husband. When it was his turn to cum on her at the very end, she said to him "come on baby paint my fucking face" and it was one of the hottest things I've ever seen, a very useful memory for me to have in the back of my mind. Also if you don't have a memory you can use then you can substitute in an erotic short story that really gets you going instead, this is another reason to use them as masturbation material instead of endless streams of videos.

Go to Image – Sometimes if all else fails you might just need to take a minute to step away and look at some good old fashioned porn on your phone. But like I talked about in the section on progressive desensitization it's not a great idea to rely on a video or on scrolling through Pornhub videos to stimulate your brain because it's chasing an endless external stimuli which your brain will grow tired of. Instead, having an image on your phone which triggers thoughts about a certain scenario or fantasy that drives you wild is a much better back up plan. The key here is to rely on your own ability to bring up sexually arousing thoughts and the image is just a way of triggering those thoughts.

CHAPTER SUMMARY: MORE TIPS FOR GETTING YOUR BONER BACK

- The Crank
- The Smack
- Getting Help: Ball Play
- Getting Help: Asshole Flash
- Getting Help: Nipple Sucking
- Go to memory
- Go to image

APPLYING WHAT YOU'VE LEARNED



These are all the tools that I wish I had known when I first started my Porn career. Now you know how to grow your penis, get stronger erections, be more in tune with your body, last longer in bed, produce huge cumshots, become multi-orgasmic, get the body you've always wanted, improve your strength and fitness, fuck like a porn star, give women mind blowing orgasms, tame your mind, control the fight or flight response and become aroused at will.

I've given you a lot of information to digest in this book, so what I don't want is for you to feel overwhelmed and not know what to do next.

So to get started, find one area that you want to improve on and focus on that.

I've laid out multiple techniques for each thing you might want to improve so start by picking just one method that resonates with you and try it out. Don't worry about trying everything all at once. If you can eliminate erectile dysfunction by applying just 1 of the principles in this book, then great! Leave it at that and move on to improving something else.

Go through the chapter summaries I've provided as a quick and easy reference guide for improving these different areas of your life. Start off with the beginner routines if you plan on growing your dick, take it slow and work your way up to the intermediate routines after a few months. Follow the supplement stacks provided if you want to get a bigger cumshot, become multi-orgasmic or get stronger erections.

My hope is that the knowledge in this book will save men years of frustration and disappointment. I want you to go out and apply the lessons I've laid out in this book and enjoy the feeling of being completely in control of your sex life.

If you have any questions for me or just want to reach out and say hi please don't hesitate to contact me on my social media below, I love hearing success stories from my readers. If you are struggling with some concepts and need more pointers then please message me, I'm more than happy help out.

Twitter - @stirlingcooperx

Instagram - @cooperstirling

Thanks for reading,

Stirling Cooper

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